BBC goodfood
Middle East
September 2023
DHS15
www.bbcgoodfoodme.com

THRILL of the grill

- Barbecue feast
- Afghan chicken skewer kabob
- Sardine kushiyaki with oroshi daikon ponzu sauce

EASY MIDWEEK MEALS

Recreate festival food at home

Fun food-themed after-school activities



NOSTALGIC DESSERTS

Cambridge burnt creams | Apple tart | Strawberries & cream cookie sandwiches

CPI
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SANIPEX GALLERY

WWW.SANIPEXGROUP.COM

Welcome!



As we gradually transition from the hot summer days, our culinary journey embraces the mosaic of flavours each season unfolds. In the September issue, we celebrate the essence of barbecue season with Tom Kerridge's Smoked Mackerel delight (p48) and a selection of barbecue specials across the globe. Take your pick from our Barbecue feast, Smoked lamb shoulder with salsa criolla and Afghan chicken skewer kabob, amongst other dishes on page 34.

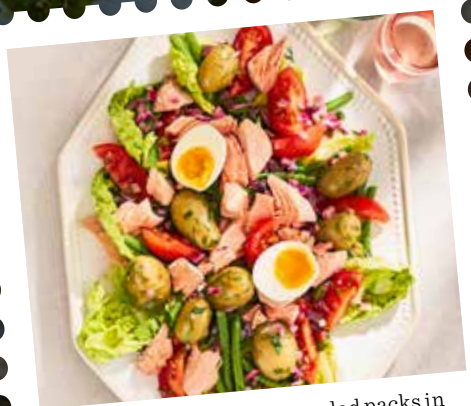
Recreate festival vibes at home with cherished classics such as Fried chicken and waffles (p64). For something sweet, give these timeless British puddings a go (p68). You can also find a Strawberries & cream slice (p32), a Courgette brownie recipe (p52) and an Easy speculoos cake (p79). Now that the new academic year has begun, find a range of fun recipes (p75) as well as after-school food-themed ideas to keep little ones busy with play.

As always, we're committed to being your go-to source for the latest in culinary news, regional restaurant offerings, trusted reviews, and inspiration for the season ahead.

Happy Reading!

Nicola Monteath
Editor

These are a few of our favourite dishes...



"This Fresh salmon niçoise salad packs in 3 of 5-a-day and Vitamin C, making it a nourishing 15-minute lunch for busy weekdays."

Liz Smyth, Group Sales Director



"I'm thrilled barbecue season is finally here. On a cool weekend evening, I'll be making this hearty Smoked lamb shoulder with salsa criolla."

Blanche D'mello, Assistant Editor



"Devonshire splits are lighter than scones and delicious with afternoon tea."

Gill Fairclough, Sales Director

BBC goodfood Middle East

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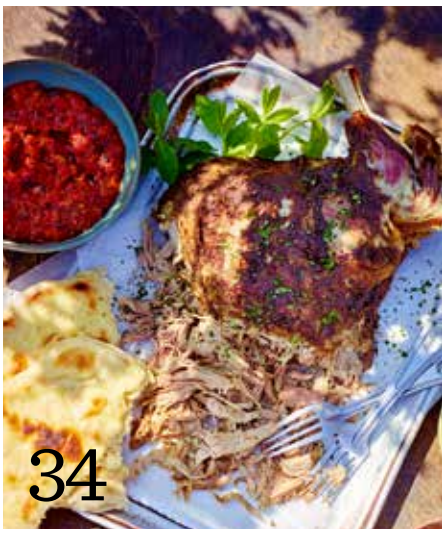
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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C Iron Omega-3 Calcium Folate Fibre

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

YOUR SAY

We love hearing from you!

STAR LETTER



My husband and I were invited to a watch party to enjoy the Women's World Cup Final with all of our friends. We were in charge of getting dishes that represented the UK. Thanks to the *BBC Good Food* magazine we were able to produce some absolute gems. We obviously made the iconic Fish and Vinegar Chips and Chicken Tikka pasties, for the watch along. The fish was extremely flaky, and it paired perfectly with the dill mayo and crushed peas. The Chicken Tikka pastries were the perfect snack whilst watching the final. Despite the Lionesses unfortunate loss, the recipes we made became the true winners of the day. Thank you, *BBC Good Food Middle East*, for transporting us back to our days in London.

Mary Cynthia



The review you published on Hawkerboi! Loved the place - vibrant, unique, and so delicious on top of everything. I went there with my husband to celebrate a special news we received, and we loved it. Had it not been because you published a review on them, we would have never found out. Thank you and keep it coming!

Mercedes Torres Lagarde



I couldn't wait to send some love your way after devouring your latest magazine. From *Ice Cream Sundays* that beat the Dubai heat to those stunning summer salads, and the unforgettable fish and chips recipe – you've transformed my kitchen into a culinary wonderland. Your passion ignites my cooking adventures, and I'm endlessly grateful for the joy you bring to my table. Kudos to the entire team for keeping the flavours of life alive through your incredible magazine. Eagerly awaiting the next delicious masterpiece!

Lenka Nejedla

WIN! A SOCIAL BRUNCH EXPERIENCE FOR FOUR AT THE COTERIE, WORTH AED1,300

Step into the alluring Race Day Paddock and be mesmerised by 19 high-definition screens displaying virtual horse races, adding an air of elegance to the setting. Engage in the thrill of the "dine and win" game, where tokens allow you to predict winners and compete for grand prizes. Indulge in comforting classics meticulously prepared using locally sourced ingredients accompanied by live music. Menu highlights include the delectable Marmite roasting, Glazed chicken poppers, Spicy calamari, Grain-fed steak tartare, Eton mess, and plenty more.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.

Photographs SUPPLIED

The Cove Rotana

Resort – Ras Al Khaimah

Day Use & Brunch

The perfect summer escape is here!

Enjoy full-day access to pools, beach and water slides, a mouth watering brunch at our Basilico Restaurant and live entertainment.

For reservations: **+971 50 463 7216 / fb.cove@rotana.com**

Brunch Packages

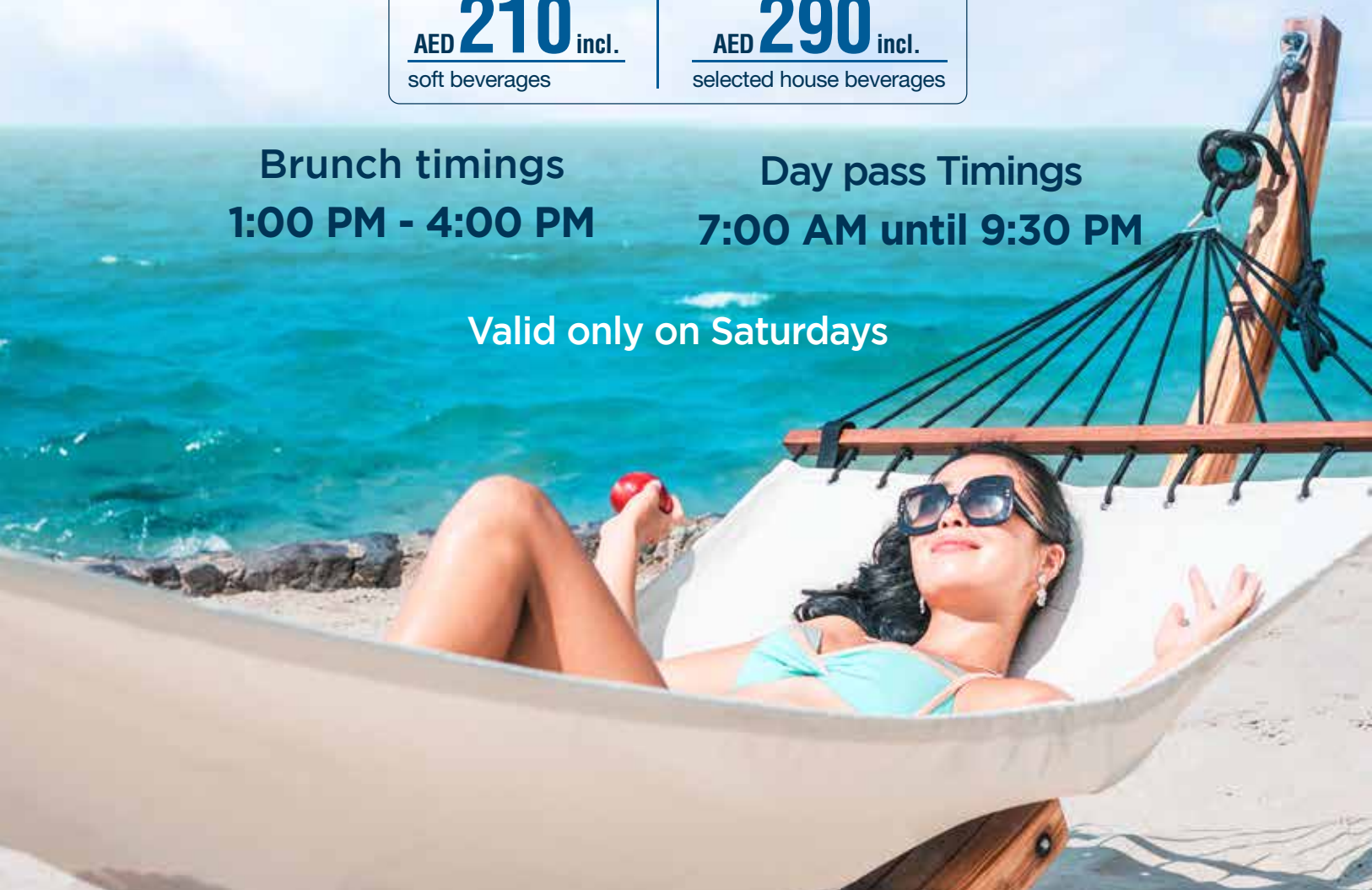
AED 210 incl. soft beverages

AED 290 incl. selected house beverages

Brunch timings
1:00 PM - 4:00 PM

Day pass Timings
7:00 AM until 9:30 PM

Valid only on Saturdays



NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



NOURISHING & CONVENIENT

Nafas Beirut, a recent venture from Allo Beirut brand, has unveiled a novel culinary offering, Nafas Daily. This meal plan concept brings forth the authentic taste of Lebanon. Designed for individual portions, each dish is an exquisite fusion of handpicked ingredients and timeless recipes, enriched by the culinary mastery of Allo Beirut. The selection encompasses an array of choices, including Hummus, Mouttabal, Tabbouleh and Mouhamara, among others. Alongside these delectable sides, the repertoire features main courses such as Chicken freekeh, Moussakka eggplant, Sheikh El Mehshi, and Moghrabieh chicken, followed by desserts. Curate your meals from a diverse array of options tailored to your preferences, ranging from vegetarian to vegan and protein-enriched fare.

The plans are available for 10, 20, and 30 days, from AED750. Visit mealplans.nafasbeirut.me.





THIS MONTH WE LOVE...

Cypher Urban Roastery launches its awaited Coffee Capsules, delivering the expertly crafted espresso's exquisite flavours to homes. Committed to harmonizing quality, taste, and convenience, the capsules reshape how coffee lovers enjoy their brew. Upholding quality over convenience, the capsules use premium beans from esteemed regions, ensuring rich, aromatic espresso that embodies their speciality coffee. With earthy tones to vibrant citrus notes, each sip embarks on a journey through a balanced and complex espresso, offering a sensory escape, be it morning ritual or afternoon indulgence.

Visit www.bycypher.com.

Photographs SUPPLIED

MARKS & SPENCER COLLABORATES WITH EMIRATI CHEF AYSHA AL OBEIDLI

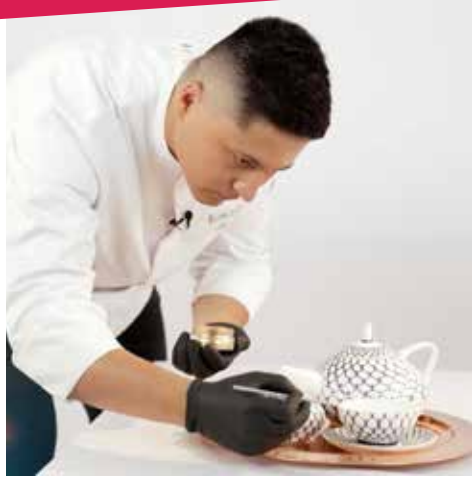




Recognised as UAE's youngest Emirati Chef, Aysha Al Obeidli is passionate about introducing Emirati cuisine to the world by developing innovative fusion dishes. Her culinary skills at a young age have earned her numerous accolades including the esteemed title of 2021 champion of Chopped (Arabic version). Bringing local flavours to the M&S Café's menu, dTogether, diners can try the refreshing and vibrant summer salad, Grandma's Green's, inspired by Chef Aysha's cherished memories of cooking alongside her grandmother. The salad features a bed of mixed greens with lemon, paprika, tahini, zaatar and pesto (expertly created using premium Italian basil and olive oil). Beautifully complementing these flavours is the sweetness of M&S mandarins and an assortment of berries including blackberries, blueberries, raspberries and strawberries, alongside jams crafted with 100% Fairtrade sugar. The salad is topped with creamy cottage cheese and a sprinkle of sesame seeds.

Available at all M&S Cafés.

SWEET SIGHT



Dubai's dessert landscape is on the brink of a remarkable transformation as the skilled hands of the celebrated Russian pastry maestro, Chef Kuzma, emerge as the focal point. Hailing from Russia, Chef Kuzma is guided by an unyielding dedication to innovation, his skilled craftsmanship produces desserts that stand as awe-inspiring works of art. His penchant for elevating confections to the realm of artistry results in creations that traverse the realms of taste, texture, and visual allure, captivating every sense. With 16 years of expertise under his belt, the accomplished pastry chef bears a legacy synonymous with Choux A La Chantilly cream in his hometown of St. Petersburg. His innovative flair and unwavering commitment were showcased as he managed 11 pastry outlets for the esteemed Ferma Restaurants. Dessert enthusiasts are in for a treat as Chef Kuzma brings his refined fine art cake emporium to Dubai Mall this month. From meticulously crafted pastries that are both visual and culinary marvels to innovative dessert-tasting menus, brace yourself for an encounter that promises to set your tastebuds dancing with sheer delight.



MARK YOUR CALENDAR

Embark on a captivating culinary journey as Shangri-La Barr Al Jissah and Shangri-La Al Husn present the highly anticipated 'Taste of Shangri-La.' From September 1st to 30th, this month-long gastronomic celebration in Oman, promises to enchant discerning palates. The event offers an unmatched experience through thoughtfully designed set menus, meticulously curated across the hotel's five unique speciality restaurants. Expect daily tasting menus, each consisting of a minimum of six courses, at five distinguished dining destinations. Embark on a flavoursome journey at Bait Al Bahr, where seafood artistry thrives. Italian desires come alive at Capri Court with scallops, truffle-enhanced dumplings, homemade chitarra pasta, and 'II Branzino' seabass, while Chow Mee presents Asian delights. Sultanah entices with Omani tuna crudo, Lobster bisque, and smoked Frankincense chicken. The highlight unfolds at Aangan by Rohit Ghai, where the globally renowned Chef orchestrates an unforgettable culinary odyssey. Delight in Aloo tikki, Prawn Malabar, Keema pao, Pan-seared fish moilee, and more. The climax arrives with the explosive chocolate orange, adorned with doughnut, jam, and meringue.

Priced at OMR19 (approximately AED180). For reservations, contact +968 2477 6565.











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join the goodfood Instagram community today








Flavours of the *month*

What's hot and happening around town this month

SOUL ST.

With its alluring blend of creative artistry and culinary excellence, Soul St. emerges as a must-visit destination where gastronomy meets vibrant street culture. Upon entering, you'll find yourself surrounded by a kaleidoscope of colours with stunning works of internationally acclaimed street artists, from the mesmerising 3D mural by PichiAvo that transports you to the streets of Europe to the intricately hand-painted Asian area by LAUCKY. Among the various exciting offerings at Soul St., the Ladies' Night deal takes guests on an unforgettable journey through the world of Asian street flavours with dishes such as Vietnamese roll, Steamed seabass, Stir-fried chicken, Green Thai curry, Green tea tiramisu, Mango pudding, and plenty more. Don't forget to pair your street food favourites with Soul St.'s signature concoctions!

Every Wednesday, from 7pm -10pm. AED150 for Ladies and AED250 for Gents (including five beverages and three courses). From 10pm, AED100 for three house beverages. Contact +9714 455 9989 or email fpjd.dining@fivehotelsandresorts.com.

CINQUE



Experience a culinary odyssey under the guidance of Chef Mauro di Leo, as he immerses you in the alluring essence of his Sicilian heritage. The Cinque Chef's Table brings Sicily's true spirit to the forefront with a lavish 11-course set menu brimming with a selection of prime ingredients from the Mediterranean Sea and the Sicilian terrain. Delight in succulent Red prawns from Mazara del Vallo, exquisite Bluefin tuna, Homemade ricotta, and the signature Modica chocolate.

AED650 per person. AED1,050 per person including Italian grape pairings. Contact +9714 455 9989 or email fpjd.dining@fivehotelsandresorts.com.

Photographs SUPPLIED

Soul St.



ACRES GRILL HOUSE

Indulge in a sophisticated dining experience at Acres Grill House, nestled within Abu Dhabi's Yas Acres Golf & Country Club. The restaurant offers an elegant ambience with a wood-panelled dining room adorned with contemporary artworks spanning the length of the room. Inspired by American grill houses, the menu presents signature dishes such as Burrata with heirloom tomatoes, Dungeness crab cakes, Australian wagyu striploin with a marble score of nine, Hot chocolate tiramisu, and Baked cheesecake with a Lotus biscuit crust. Complementing the meal is a curated collection of 100 hand-selected grapes from around the world.

Tuesday-Sunday, from 5pm-12am. Contact +9712 207 7331.

STRAND CRAFT KITCHEN



Strand Craft Kitchen, renowned for its Mediterranean-inspired cuisine, introduces its special vegan menu, offering a thoughtfully curated array of breakfast delights, tapas, main courses, and delectable desserts, all designed to cater to health-conscious diners and vegans. The innovative menu features nourishing options such as Truffle mushroom toast, Acai bowl, Eggplant dip and guacamole, Impossible meat loaf, Tofu coconut laksa, and a sweet end to your meal with homemade Sorbet or zesty Lemon cake.

Contact +9714 430 2221.

YUI RAMEN HOUSE



YUi introduces a fresh summer menu featuring light and revitalizing dishes, perfect for the warmer months. Tuck into the Hiyashi chuka (cold ramen bowl with Japanese flour noodles in a zesty citrus ponzu-tare marinade, accompanied by prawns, vegetables, and an antibiotic-free atsu-yaki egg), the YUi salad (atsu-yaki egg, shaven carrots, and white radish atop mixed leaves with cherry tomatoes and crunchy chips), vegetarian Summer roll, and Prawn spring roll.

Contact +9714 243 4217.

ATTIKO



Ideal for intimate gatherings or grand festivities, the rooftop lounge has introduced its all-new Summer Social experience. Guests can now savour an extensive sushi platter, paired with a premium bottle of grape. Drawing inspiration from an Asian garden, the space is adorned with continuous floor-to-ceiling windows and envelops lounge seating encircling a bar, reminiscent of a mysterious paradise adorned with natural elements, creating an enticing and vivacious backdrop with 180-degree panoramic vistas. Anticipate an eccentric ambience, amplified by high-energy house tracks played by the resident DJ, ensuring an enthralling atmosphere that resonates throughout the night.

Until September 30. Monday to Thursday from 5pm onwards. AED295 per person. Contact +9714 350 9983 or email reservations@theattiko.com.

ASIA ASIA



An enticing experience awaits with Asia Asia's Sushi Sundays bringing an exquisite culinary affair to elevate your Sundays. The UAE's acclaimed Pan-Asian restaurant invites sushi enthusiasts to relish a bountiful spread of unlimited sushi and dim sum, perfectly paired with a bottle of grape. Held at their Dubai Marina, Business Bay, and Yas Bay Abu Dhabi locations, the event showcases an array of meticulously crafted rolls, nigiri, sashimi, and delectable dim sum, all prepared with the finest ingredients. Whether it's a lively gathering with friends, a romantic evening, or a gourmet escapade, Sushi Sundays at Asia Asia promise a distinctive dining escapade, allowing you to conclude the weekend on a high note.

Every Sunday from 2pm-6pm. AED330 per couple. Visit asia-asia.com.

DEMON DUCK



The highly acclaimed Demon Duck restaurant has introduced the Demon Summer Brunch, where guests are welcomed to delve into a delectable menu featuring a range of culinary delights. A highlight of the experience is the preparation of Chop chop suey, a medley of fresh vegetables, complemented by calamansi and sesame dressing, masterfully mixed right at the table. The culinary adventure continues with the enchanting Shrimp gao, delectable Minced beef gyoza, and Rainbow trout adorned with brown butter, Thai basil, and nuoc cham. Beyond the gastronomic indulgence, Demon Duck's elegantly designed interiors transport guests to the charming speakeasy atmosphere reminiscent of Hong Kong's classic eateries.

Every Saturday, from 1pm-4pm. From AED288 per person. Contact +9714 556 6466.



MONDRIAN BISTRO

Mondrian Bistro has opened its doors at Mondrian Doha, offering a captivating culinary journey inspired by Mediterranean cuisine. The all-day dining concept, led by Chef Maria Paneri, brings together the flavours of France, Italy, and Greece to create a fusion menu that highlights fresh local ingredients. From expertly seasoned grilled meats to rich pastas and fresh seafood, the menu delivers a range of hearty offerings.

Contact +974 4045 5999.

GCC



ASILAH

Nestled within Abesq Doha Hotel & Residences, the restaurant boasts an evocative and sophisticated setting offering authentic mezze, delectable grills, and aromatic dishes, accompanied by a lively julep bar and a terrace. Explore the vibrant tastes of Morocco's Atlantic Coast with noteworthy selections including Harissa chicken salad, Beef cheek tagine, Crispy fried aubergine, Pastilla johara, and plenty more.

Contact +974 4492 3111.

Tried & tasted

Our top dining experiences this month







CHEZ WAM

Nestled in the highly anticipated dining hub St. Regis Gardens on Palm Jumeirah, Chez Wam (translated to 'At mine' in colloquial French) is reminiscent of Tokyo's underground scene and Morocco's vibrant street flavours, effortlessly combined with the richness of Mediterranean cuisine. Expect an extraordinary dining journey that immerses guests in a European-inspired setting, further elevated by the soulful tunes of the resident DJ.

The intimate dining section oozes an enticing charm, boasting rustic interiors with dark woods, leather accents, and rich red tones. For those seeking an up-close culinary spectacle, the coveted Chef's Table caters to six lucky guests, granting an opportunity to witness Chef Hadrien's culinary wizardry firsthand. For our evening, we opted for a cosy dining space to discover the diverse offerings of the restaurant's extensive menu.

The highlights

To start, we relished the Fried camembert with its unique twist of black garlic and sweet Philly sauce. The Lobster roll was a real treat, revealing a flawless blend of zesty mayo and a touch of chilli powder, and the Burrata was creatively plated with cherry tomatoes, zesty pickled vegetables, and a lavish date glaze, accompanied by crispy bites of fried pita bread.

We took a moment to explore the delightful selection of refreshing beverages offered at the venue. I indulged in the Basil fido dido, a refreshing concoction made with fresh basil, flower tea mix, and lemonade while my dining partner opted for the refreshing Kizami, a blend of peach, yuzu, kaffir leaf, and carbonated fresh pineapple juice.

For our main course, the SSAM slow-cooked beef short rib stole the show. The tender yet crispy beef, wrapped with lettuce and the drizzle of teriyaki glaze sauce elevated the flavours even further. Our next choice, the Wild mushroom barleysotto No 5, impressed with its rich taste, complemented by parmesan foam and shaved truffle.



When it was time for dessert, we enjoyed the Triple chocolate brownie - served in a pot with generous layers of whipped ganache, candied nuts, chocolate brownies, and toasted bread ice cream that left us wanting more.

Book now

Contact +9714 410 6707 or visit chezwam.ae.





A SENSORY EXPEDITION

Above Eleven Dubai, where breathtaking panoramas, flavoursome delicacies, and spirited ambience converge, promising an exhilarating experience









A realm of exceptional gastronomy that fuses the rich essences of Peruvian and Japanese culinary traditions, creating a harmonious blend of flavours, awaits diners at Above Eleven Dubai on the bustling Palm West Beach. Explore meticulously crafted dishes, inventive concoctions, and an opportunity for deep cultural immersion. Ideal for pre-dinner, dinner, and post-dinner, the venue is open seven days a week, making it the perfect spot for date night.

Drawing inspiration from the original concept in Bangkok, the dining destination abandons the cacophony of city streets for the tranquility of lush green spaces, creating a sanctuary where the urban jungle blends with an electrifying ambience. A stone maze entry leads you to the heart of the establishment, elegantly split into three sections: the dining room, the lounge and terrace, and the sushi bar. Foliage-covered ceilings, Aztec-art-stained mirrors, and banana leaf trees intermingle with floor-to-ceiling windows, infusing nature and contemporary décor. As the sun dips below the horizon, take in the unobstructed views of the majestic Arabian Gulf and the iconic Ain Dubai.

Expertly guided by the culinary artistry of Peruvian Head Chef Luis Gavancho, the remarkable Nikkei menu pays homage to Peru's vibrant culinary legacy. Begin your journey with an array of delectable starters, including Tuna tartare and Chicharron calamari, offering an enticing glimpse into the epicurean marvels that await.

The menu comes alive with an extensive selection of cebiches including Above Eleven (Seabass, A11 leche tigre, crispy calamari, cancha, choclo, and sweet potato) and Nikkei cebiche (Tuna, nikkei leche tigre, goma seeds, black tapioca, and kiuri), followed by Hamachi truffle ponzu tiraditos. Don't miss the anticuchos, featuring chicken, black Angus, octopus, or portobello, which pays homage to time-honoured Peruvian traditions that have stood the test of time.

A journey through the robatayaki grill leads to the signature Patagonian toothfish alongside hoisin honey, miso and mashed potato. In addition, Peruvian classics such as the renowned Arroz con pato stars boneless duck leg confit, cilantro rice, chalaquita, huancaina, and salsa criolla; and Red snapper a lo macho, present an explosion of flavours with red snapper, chalaquita and macho.

For those on the hunt for creative concoctions, Above Eleven Dubai has launched its all-new Pisco Sours Menu, a delightful showcase of meticulously crafted in-house drinks that promise to captivate even the most discerning palates.

The festivities at the rooftop restaurant further transcend the realm of gastronomy with live entertainment, and a dedicated terrace bar, while the roof promises alfresco delights, all-year round. With its stunning architecture, unrivalled views, and spectacular culinary creations, Above Eleven captures the very essence of refined dining.

Rooftop, West Palm Beach, Marriott Resort Palm Jumeirah. Sunday to Thursday from 4pm-1am and Friday to Saturday from 4pm-2pm. Contact +9714 666 1420. Visit aboveelevendubai.com or Instagram (@aboveelevendubai).

TWIGGY FAMILY

Twiggy Family, the highly-anticipated addition to Park Hyatt Dubai, is a family-friendly haven that extends the success of its neighbour, Twiggy by La Cantine. Drawing inspiration from the Riviera's festive spirit, Twiggy Family opens its doors to guests of all generations, boasting a blend of relaxation, dining, and wholesome entertainment.

The centrepiece of Twiggy Family is an exquisite, temperature-controlled lagoon fringed with inviting cabanas and sunbeds. Ensuring non-stop amusement for young ones, the establishment features dedicated play zones and engaging indoor and outdoor activities, entertainment options, classes, and games.





The highlights

The family-friendly menu celebrates simple Italian and Mediterranean classics with a menu that includes seafood platters, poke bowls, light sandwiches, pizzas, and pasta. The dedicated children's menu further offers a range of childhood favourites such as chicken strips, pizzas, ice cream, and frozen milkshakes.

To kick things off, we treated ourselves to the Wagyu beef carpaccio with shaved parmesan and rocket leaves. The Crispy chicken bites, served with parsley aioli, and the Fried calamari with scallions and spicy mayonnaise provided a warm and satisfying start. After relishing the delectable starters, we decided to cool off with a refreshing swim.

Wrapping ourselves in towels, we returned to our sunbeds, where a refreshing array of beverages awaited us. The Lagoon ice tea, a blend of fresh watermelon, peach cordial, lemon & mint, and black tea, was the perfect choice. The Bellini, crafted with peach purée, peach cordial, and bubbles, presenting a delightful and light option. The little one enjoyed the Oreo cookies milkshake, adding a touch of sweetness to his experience.

For the main course, we opted for a variety that satisfied every palate. From the kid's menu, we chose the Grilled cheese sandwich, which the little one thoroughly enjoyed. Meanwhile, my dining partner and I relished the crispy and succulent Chicken Milanese and the spiced Ciabatta pressed sandwich, showcasing roasted chicken and piquillo pepper.

To bring our sumptuous meal to a hearty close, we indulged in the All chocolate dessert, a heavenly creation with layers of chocolate ice cream and brownie, topped with whipped cream and caramel sauce.

Book now

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COOKBOOK CHALLENGE

Paella by Omar Allibhoy

Editor **Keith Kendrick** evokes memories of Valencia by cooking Spain's original one-pan dish

One of the best nights I've ever had was in Valencia, stamping my feet with flamenco dancers. Then, with a clack of the castanets, one of the dancers summoned a waiter to bring the house paella. It was a revelation: silky, smoky rice, with real saffron, plus braised chicken and rabbit. I've eaten it since, but nothing as good as that. Enter chef Omar Allibhoy, founder of Tapas Revolution, who opened his first restaurant at Westfield London in 2011. His book, *Paella*, is a homage to the dish. There are meat, seafood and veg options, but I wanted to recreate what I'd enjoyed in Valencia – "the original and best," he says.

Omar's love for paella started at an early age, at Posada de San Miguel in Altea, Valencia. "It was rare to find a restaurant that could feed a large family like ours with one pan, and paella was the perfect solution," he explains.

To make my own version of his world-class Valenciana, I noted four key elements. First, to fry the main ingredients in the correct order until caramelised, then add the garlic and paprika in quick succession to avoid them burning. Then, grated tomato halts the caramelisation and deglazes the pan. Third, I had to get the cooking of the rice right. Omar's method is to pour the stock into the pan after cooking the base, letting it simmer, then adding the rice. Finally, there's the socarrat, the crispy bottom that holds amazing flavour as well as texture, but is the trickiest part to master. Omar advises, "Be generous with the olive oil and use a slowly simmered stock, rich in flavour, texture and binding collagen." Then, it's time to relax and share, because, as Omar says, "paella is a fiesta."



"To make a world-class Valenciana, I noted four key elements"

TRY IT YOURSELF

Paella Valenciana

SERVES 5 **PREP** 20 mins
COOK 1 hr 10 mins **MORE EFFORT**

pinch of saffron
1 tbsp rock salt
120ml Spanish olive oil
400g chicken on the bone, cut into large pieces
400g rabbit on the bone, cut into large pieces
6 garlic cloves, finely chopped
1 tbsp sweet paprika
2 small tomatoes, grated
100g cooked garrofon beans (or butter beans)
200g runner beans, cut into 4cm pieces
500g Spanish paella rice
2 rosemary sprigs

1 Heat a paella pan over a medium heat. Wrap the saffron in a square of foil and toast for 30 seconds on each side, then grind to a powder using a pestle and mortar. Set aside.
2 Over the highest heat, sprinkle the rock salt around the edge of the pan. Pour in the oil and fry the chicken, skin-side down, for 10 mins. Add the rabbit and fry on all sides for 10 mins more, turning often until the meat is deeply golden. Take your time – the flavour added to the pan now is what will season the water you add later, creating a rich stock.
3 Reduce the heat to medium. Push the meat to the edge of the pan, letting the oil run into the middle. Add the garlic and cook for 30 seconds, then add the sweet paprika and grated tomatoes. Cook for 4 mins, stirring until the juice of the tomatoes has reduced and formed a paste that is separating from the oil.



4 Pour in 4 litres water, then add the saffron and garrofon beans, and simmer for 20 mins. Add the runner beans and simmer for 5 mins more. Season to taste. Turn the heat up to high and pour in the rice, spreading it out evenly. Cook for 10 mins, then reduce the heat to low and cook for 5-7 mins more without stirring. When the liquid has reduced to just below the level of the rice, put the rosemary on top. Cook for a few minutes more, remove from the heat, then rest for 5 mins and serve.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 759 kcals • fat 35g • saturates 7g • carbs 82g • sugars 2g • fibre 4g • protein 28g • salt 1.6g



Books for cooks

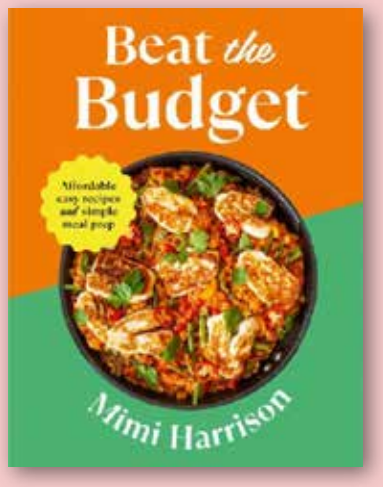
Helena Busiakiewicz from our cookery team selects her favourite new titles to inspire you this month

Slice ***Thom and James Elliot***
A masterclass in all things pizza from the founders of one of London's coolest purveyors, Pizza Pilgrims. It includes an expert breakdown on making the dough, plus recipes for all of their best toppings from the menu. There's also a drinks section, so you can sip on a 'peppergroni' while you make your pies. Just the thing for anyone who has invested in a pizza oven.
Must-make recipe: Kale, anchovy & chilli pizza

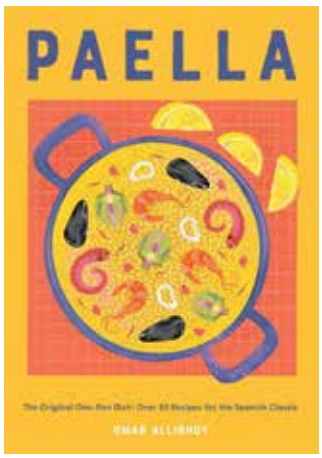


Japan: the vegetarian cookbook ***Nancy Singleton Hachisu***
This book is a gorgeous exploration of the Japanese vegetarian kitchen, with a focus on cooking for the body and soul "to be satisfied, refreshed, and in some way spiritually fulfilled." This is a book that teaches you to be present and mindful when cooking – something we all need a reminder of when rushing to make dinner.
Must-make recipe: Vegetarian Japanese-style curry





Beat the Budget ***Mimi Harrison***
This book makes cooking and planning meals simple. Every ingredient is used with flavour in mind, meaning every penny you spend results in a better dish, even while sticking to a budget.
Must make recipe: Ginger & lime chicken legs with coconut rice



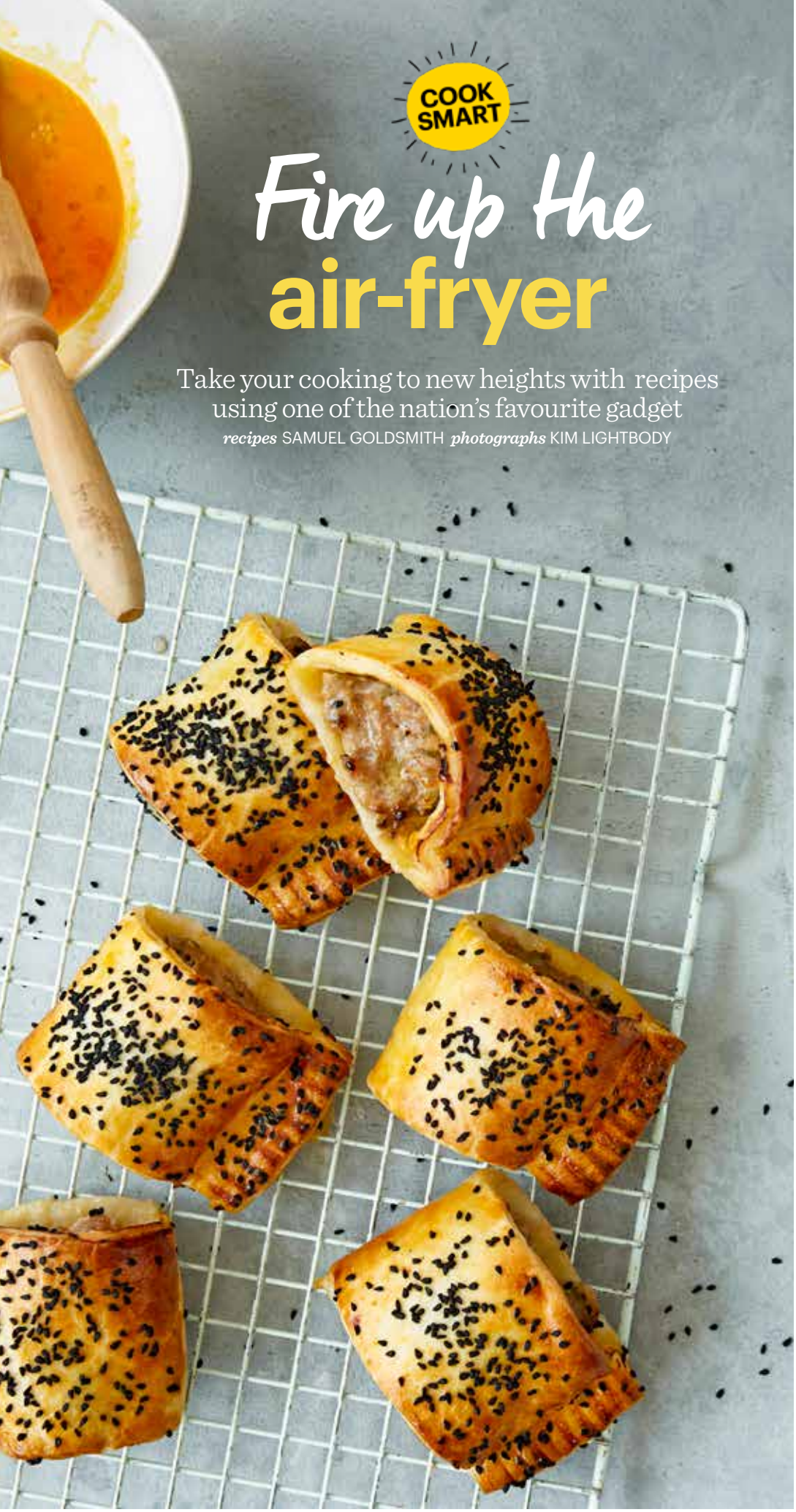
Recipe adapted from *Paella* by Omar Allibhoy. Photographs by Facundo Bustamante.

COOK SMART

Fire up the air-fryer

Take your cooking to new heights with recipes using one of the nation's favourite gadget

recipes SAMUEL GOLDSMITH *photographs* KIM LIGHTBODY



Air-fryer pork, apple & sage sausage rolls

If you've got a larger machine or a couple of drawers, feel free to double the recipe.

MAKES 6-8 **PREP** 20 mins
COOK 30 mins **EASY**

6 pork sausages
10 sage leaves, finely sliced
2 tbsp apple sauce
320g pack ready-rolled puff pastry
plain flour, for dusting
1 egg, beaten
2 tbsp nigella seeds (optional)

1 Squeeze the sausagemeat out of the skins into a bowl, then stir through the sage, apple sauce and a good pinch of salt and freshly ground black pepper. Set aside.
2 Unroll the pastry, peel away the parchment and lay the pastry on a lightly floured surface. Shape the sausagemeat into a log across the centre of the pastry. The sausage should be 4-5cm thick and reach both ends of the pastry.
3 Brush the egg over the longer edges of the pastry, then carefully fold one side over to the other so the sausage is encased and you have a lip of pastry on one side. Trim the excess pastry then, using a very sharp knife, cut into 6-8 pieces. Using a knife or fork, crimp the trimmed edge. Glaze the pastry all over with the egg and sprinkle with nigella seeds, if you like.
4 Heat the air-fryer to 200C and bake the sausage rolls for 20-30 mins until the pastry is cooked and golden and the sausagemeat is cooked through. Air-fryers vary so we recommend checking halfway through cooking and varying the cooking time, if necessary. *Will keep chilled for up to three days.*

PER SERVING (8) 325 kcals • fat 24g • saturates 10g • carbs 18g • sugars 3g • fibre 3g • protein 9g • salt 1g

gf budget tip

The nigella seeds are optional, but they add a pop of colour and subtle onion flavour.



Thai-style fishcakes

The breadcrumbs deliver extra crunch and prevent the fishcakes from sticking to the basket.

MAKES 6 **PREP** 20 mins plus 30 mins chilling **COOK** 20 mins **EASY**

250g skinless salmon fillets
1 tbsp Thai red curry paste
small handful of coriander, roughly chopped
½ tbsp fish sauce
½ lime, juiced
1 lemongrass stalk (tough outer leaves removed), chopped
3 spring onions, roughly chopped, plus extra to serve
1 egg
5 tbsp plain flour
50g green beans, finely chopped
75g panko breadcrumbs

For the sriracha mayo

2 tbsp sriracha
5 tbsp mayonnaise
½ lime, juiced, plus extra wedges to serve

1 Cut the salmon into chunks and blitz in a food processor with the curry paste, coriander, fish sauce, lime juice, lemongrass, spring onion and egg until finely chopped (but not a paste). Tip into a bowl.

2 Mix through the flour and green beans until combined – it will be a little wet. Form into small patties and chill for 30 mins. Tip the breadcrumbs onto a plate, then coat the fishcakes in the breadcrumbs.

3 Heat the air-fryer to 180C and cook for 15-20 mins, checking halfway. They should be cooked through and golden. Mix the ingredients for the sriracha mayo in a small bowl and serve alongside the fishcakes with extra lime wedges, and spring onions sprinkled over.

PER SERVING 312 kcals • fat 17g • saturates 2g • carbs 25g • sugars 3g • fibre 2g • protein 13g • salt 1.1g

Air-fryer banana bread

Give a lockdown classic a flavour boost with the option of adding pecans and chocolate chips.

SERVES 10-12 **PREP** 10 mins
COOK 1 hr **EASY** V

150ml sunflower or vegetable oil, plus extra for the tin
150g caster sugar
150g self-raising flour
1 tsp baking powder
2 eggs
2 overripe bananas
50g pecans, chopped (optional)
50g chocolate chips (optional)

1 Oil a 1-litre loaf tin and line with baking parchment – you'll need to make sure this will fit in the air-fryer basket. If it doesn't, use a muffin tin or shape that will work with your machine.
2 Heat the air-fryer to 160C. Combine the oil, sugar, flour, baking powder and eggs in a bowl. Mash the bananas, then mix into the batter. Mix in half the pecans and all of the chocolate chips. Pour into the tin and top with the remaining pecans.
3 Bake for 45 mins-1 hr until a skewer inserted in the middle comes out clean. Check after 20 mins in case it's beginning to brown too much. If so, turn the heat down to 140C, or cover with foil to prevent burning. Leave to cool on a wire rack before serving. *Will keep in an airtight container for up to three days.*

PER SERVING (12) 231 kcals • fat 13g • saturates 1g • carbs 25g • sugars 15g • fibre 1g • protein 2g • salt 0.3g

gf budget tip

Chocolate chips and pecans can be expensive, so you can use other nuts, such as walnuts or hazelnuts, and chop up any leftover chocolate into chunks to stir through the cake batter.



Shoot director LAURIE NEWMAN | Food stylist ESTHER CLARK | Stylist LUIS PERAL

easy

Delicious, simple, and easy-to-make recipes



next level

gazpacho, page 28



reduce waste

love your leftovers, page 31



midweek meals

cooking on the hob, page 22

midweek meals

COOK SMART

cooking on the hob

Lower your energy costs by keeping the oven off and using your pans to whip up a satisfying dinner

recipes AILSA BURT *photographs* HANNAH TAYLOR-EDDINGTON



Harissa fish with bulgur salad



Lemon & green bean pasta

HEALTHY

Harissa fish with bulgur salad

Delicate cod takes on the bright flavour of spicy harissa well, ensuring this simple salad is anything but boring.

SERVES 2 **PREP** 15 mins
COOK 20 mins **EASY**

100g bulgur wheat
½ small cucumber, deseeded and finely chopped
100g cherry tomatoes, quartered
25g pitted green olives
small handful of parsley, finely chopped
2 tbsp rose harissa
2 tsp honey
1 garlic clove, crushed
½ lemon, juiced
2 tbsp olive oil
½ red onion, finely sliced
2 x 120g skinless, boneless white fish fillets, such as cod or haddock

1 Cook the bulgur following pack instructions, then rinse and drain well before tipping into a large bowl. Add the cucumber, tomatoes, olives and most of the parsley. Season well. Combine the harissa, honey, garlic, lemon juice, half the oil and 1 tbsp water in a bowl, then set aside.
2 Heat the remaining oil in a non-stick pan over a medium heat and cook the red onion for 4-5 mins until softened and lightly browned. Season the fish well, then add to the pan and cook for 3 mins before pouring in the harissa mixture. Turn the fish and cook for 2-4 mins more (depending on the thickness of the fish), basting the fish in the pan juices until cooked through – the flesh should be opaque.
3 Divide the bulgur salad between two plates, top with the fish and fried onions, then drizzle over any remaining pan juices and sprinkle over the remaining parsley to serve.

GOOD TO KNOW healthy • low cal • vit c • 2 of 5-a-day
PER SERVING 430 kcals • fat 15g • saturates 2g • carbs 35g • sugars 12g • fibre 5g • protein 35g • salt 1g

BALANCED

Lemon & green bean pasta

Bursting with zesty, zingy citrus, this is a bright, summery dish perfect for eating al fresco.

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY** **V**

2 unwaxed lemons
300g long wholemeal pasta, such as spaghetti
300g green beans, trimmed
25g unsalted butter
4 garlic cloves, finely chopped
40g parmesan or vegetarian alternative, finely grated
small handful of basil, finely chopped

1 Peel the zest of 1 lemon into long strips using a vegetable peeler, then drop into a saucepan. Zest the remaining lemon. Juice both lemons, then set the juice aside and put the squeezed lemon halves into the pan with the peel. Add the pasta along with freshly boiled water from the kettle and some salt and cook following pack instructions, adding the green beans for the final 4 mins. Drain the pasta and green beans, reserving a mugful of the cooking water. Discard the lemon peel and juiced halves.
2 Meanwhile, melt the butter in a large frying pan over a low heat and cook the garlic and most of the fine lemon zest for 3-4 mins until fragrant. Tip in the drained pasta and beans, along with a splash each of the reserved cooking water and lemon juice, the parmesan and most of the basil. Mix over a low heat, adding another splash of the cooking water to bring the sauce together, if needed. Season with salt, pepper and the remaining lemon juice to taste. Sprinkle over the remaining lemon zest and basil to serve.

GOOD TO KNOW low cal • fibre • vit c • 1 of 5-a-day
PER SERVING 379 kcals • fat 10g • saturates 5g • carbs 51g • sugars 2g • fibre 11g • protein 16g • salt 0.2g

HEALTHY

Tomato & oregano fritters

Use up a glut of ripe tomatoes to make these – ideal for lunch or a light dinner.

SERVES 2 **PREP** 15 mins
COOK 20 mins **EASY** **V**

500g ripe tomatoes, finely chopped
50g lighter Greek-style salad cheese, crumbled
small handful of oregano, leaves picked and finely chopped
½ red onion, finely chopped
150g plain flour
1 tsp baking powder
2 tbsp olive oil
small handful of dill, finely chopped
75g fat-free Greek yogurt
green salad, to serve

1 Tip the tomatoes, cheese, oregano, onion, flour and baking powder into a bowl, and season well. Stir to combine. Heat the olive oil in a frying pan over a medium-high heat and drop heaped spoonfuls of the mixture into the pan. Flatten slightly with a spatula or the back of a spoon and fry over a medium heat for 4-5 mins on each side until golden and cooked through. (You will need to do this in two batches.)
2 Combine the dill and yogurt, season and serve with the fritters and a green salad, if you like. Or, mix most of the dill and yogurt with some seasoning, spread on a platter and arrange the fritters on top, scattered with the remaining dill.

GOOD TO KNOW healthy • fibre • vit c • 1 of 5-a-day
PER SERVING 521 kcals • fat 17g • saturates 5g • carbs 71g • sugars 12g • fibre 7g • protein 16g • salt 1g

BALANCED

Fragrant lemongrass & coconut chicken stir-fry

Make this on busy days – it provides two of your five-a-day as well as bags of flavour.

SERVES 2 **PREP** 15 mins
COOK 15 mins **EASY**

1 lemongrass stick, outer husk removed, finely chopped (see tip, below)
15g ginger, peeled and grated
2 garlic cloves, crushed
1 lime, juiced
2 tsp light brown soft sugar
2 tbsp reduced-salt light soy sauce
60ml coconut water (or use water)
1 bird's-eye chilli, finely chopped (optional)
1 tbsp rapeseed oil
1 courgette, chopped
2 chicken breasts, thinly sliced
200g sugar snap peas, trimmed
15g desiccated coconut
250g pouch microwave wholegrain rice

1 Combine the lemongrass, ginger, garlic, lime juice, sugar, soy sauce, coconut water and chilli, if using, and set aside. Heat the oil in a wok or large, high-sided pan over a high heat and stir-fry the courgette and chicken for 4 mins until browned. Stir in the peas and coconut and cook for 1-2 mins, stirring well to ensure the coconut doesn't burn.
2 Pour the lemongrass mixture around the edge of the pan, then stir in to combine. Continue to cook over a high heat for about 1-2 mins, until the chicken is cooked through and the sauce has reduced. Season to taste. Warm the rice following pack instructions, then serve with the stir-fry.

GOOD TO KNOW low cal • vit c • 2 of 5-a-day
PER SERVING 494 kcals • fat 15g • saturates 5g • carbs 44g • sugars 12g • fibre 8g • protein 41g • salt 1.6g

gf tip

Reserve any tough outer husks from the lemongrass to use in our tea or lemonade recipes.



Shoot director FREDDIE STEWART & LAURIE NEWMAN | Food stylist PHIL MUNDY | Stylist FAYE WEARS

HEALTHY

Cajun prawn & charred corn salad

Inspired by Tex-Mex flavours, this salad is ideal for barbecues, or simply a weeknight dinner.

SERVES 2 **PREP** 20 mins
COOK 10 mins **EASY**

200g fresh sweetcorn kernels
150g raw king prawns, peeled and deveined
½ tbsp Cajun spice blend
2 tbsp sunflower oil
1 lime, juiced
1 tsp honey
1 jalapeño, finely chopped (optional)
1 red pepper, finely chopped
1 avocado, peeled, halved, stoned and finely chopped
3 spring onions, finely chopped
small handful of coriander, finely chopped
1 romaine lettuce, chopped

1 Heat a dry frying pan over a medium-high heat and cook the sweetcorn for a few minutes without stirring, then shake the pan and continue to cook for 5 mins until the kernels have browned. Tip onto a plate and leave to cool slightly.
2 Combine the prawns, Cajun spice blend and a pinch each of salt and pepper in a small bowl. Heat half the oil in the same pan as used to char the corn and cook the prawns over a medium-high heat for 2-4 mins, stirring until pink and cooked through. Transfer to the plate with the corn.
3 Combine the lime juice, honey, remaining oil and chopped jalapeño (if using) in a large bowl, and season well. Add the red peppers, avocado, spring onions, coriander and lettuce, then toss well. Stir in the corn and prawns, then serve.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • 4 of 5-a-day • gluten free
PER SERVING 435 kcals • fat 28g • saturates 5g • carbs 21g • sugars 14g • fibre 14g • protein 18g • salt 1.1g

gf tip
Bulk out this salad by adding a 250g pouch of microwave quinoa, warmed following pack instructions.

JOSÉ PIZARRO'S NEXT LEVEL Gazpacho

Make the very finest version of this cooling Spanish soup for refreshment on a hot day

photograph MIKE ENGLISH

SERVES 4 **PREP** 30 mins plus 2 hrs standing and 4 hrs chilling
COOK 5-10 mins **EASY** V

WHY

Imagine a glorious sunshine-filled day, sitting in the shade to escape the heat, with a bowl of this chilled, fragrant gazpacho – nothing can beat it.

WHAT TO BUY

1kg ripe tomatoes on the vine, roughly chopped
2 tbsp olive oil
2 small slices of slightly stale white sourdough
1 ripe red pepper
½ cucumber, peeled and finely chopped, plus extra to serve (optional)
2-3 tbsp sherry vinegar
2 garlic cloves, crushed
75ml extra virgin olive oil, plus extra to serve
basil leaves, to serve (optional)

CHILL OUT
A good gazpacho is properly chilled, ideally overnight, so it's the right temperature – don't listen to anyone who tells you to add an ice cube!

DON'T SKIMP
We Spanish aren't shy about the amount of extra virgin olive oil we use, so don't worry that it seems a lot – the soup is rich and robust, and needs a good glug.

TOP IT OFF
Gazpacho is perfect as it is, but you can dress it up with different toppings. Try crispy golden croutons, basil or thyme leaves, some extra finely chopped cucumber, crumbled goat's cheese or chopped black olives.

ACID TEST
Tomatoes will vary in sweetness, so hold off adding all the vinegar until you've tasted it – that way, you can decide if it needs a little more sharpness for balance.



José Pizarro is a Spanish chef and cookbook author with restaurants across London. He hosts food experiences at an exclusive property in Andalusia, and is a regular on BBC One's *Saturday Kitchen*. @jose_pizarro

Shoot director LAURIE NEWMAN | Food stylist LIBBY SILBERMANN | Stylist FAYE WEARS

ADD THE SUNSHINE
The key to a great gazpacho is using the best quality ingredients you can afford. It's simply not worth making unless you can get your hands on good, sun-ripened tomatoes and the best extra virgin olive oil you can buy. Without these two ingredients, it will be bland, watery, acidic and pale.

HOW TO MAKE IT

1 Put the chopped tomatoes in a large bowl and set aside. Heat the olive oil in a frying pan over a medium heat and fry the sourdough until golden, about 2-3 mins on each side, then tear into rough pieces and add to the bowl with the tomatoes.
2 Hold the pepper over the flame of the hob using tongs until blackened, 5-10 mins. Turn regularly to ensure the pepper is evenly charred. (Or, do this using a kitchen blowtorch, or blacken under a hot grill.) Transfer the pepper to a food bag, seal and leave to steam for 10 mins. The pepper will have softened. Peel off the skin and discard it with the seeds. Tear the flesh into pieces and add to the tomatoes and bread along with the chopped cucumber, a pinch of sea salt, 2 tbsp of the vinegar and the garlic. Leave for 2 hrs at room temperature for the tomatoes to macerate slightly.
3 Pass through a coarse sieve into a jug or bowl. Season to taste, adding more vinegar if needed. Whisk in the extra virgin olive oil, then chill for at least 4 hrs, or ideally overnight. *Will keep chilled for three days.*
4 Serve finished with a grinding of black pepper, a drizzle of extra virgin olive oil, a little more chopped cucumber and some basil leaves, if you like (see more ideas, left).

GOOD TO KNOW healthy • folate • vit c • 3 of 5-a-day
PER SERVING 337 kcals • fat 25g • saturates 4g • carbs 20g • sugars 10g • fibre 5g • protein 4g • salt 0.2g

ROAST AND TOAST
Blackening the pepper and toasting the bread until golden before adding them to the gazpacho mixture provides extra depth of flavour.

FRUITY TWISTS
This is a classic tomato gazpacho, but I love to mix things up – swap half the tomatoes for ripe cherries or strawberries for a fruity element.

TIME TO REST
Yes, you can make gazpacho in a rush, but it tastes better if you let the flavours mingle at room temperature for a few hours before sieving.

FINE DETAIL
Don't be tempted to use a very fine sieve when straining the soup – you want to retain some texture. You can leave a quarter of the soup as is, then mix it into the remaining strained soup for extra body.



STAR GAZE:

A TASTE OF THE STARS

Embark on a celestial gastronomic odyssey that transcends the ordinary at Sofitel Dubai Downtown

Immerse yourself in a lavish dining affair that flawlessly combines the skill of French gastronomy with the magic of the stars. Presenting "Star Gaze at Sofitel Dubai Downtown" – an orchestration of refinement and opulence set against the breathtaking canvas of the iconic Burj Khalifa. Perched on the hotel's uppermost level, this unique private dining encounter - catering to a maximum of eight guests - invites diners to a heavenly venue. Here, in a stunning city view, the newly unveiled menu showcases an ensemble of flavours, drawing inspiration from corners of France – a heartfelt tribute to Sofitel's illustrious brand legacy. Each carefully crafted dish stands as a testament to the brand's strong commitment to "Live the French Way", seamlessly blending time-honoured methods with inventive presentation techniques. Additionally, a private butler, discreet yet attentive, is dedicated to crafting a seamless experience, ensuring every whim is met with impeccable





precision. At the very core of Star Gaze lies its meticulously curated 4-course French menu – a masterpiece inspired by the diverse regions of France, evolving in harmony with the seasons. From the rustic charm of Gascony to the vivacious vibrancy of Provence, this menu takes you on a unique journey through the world of French culinary artistry. Your dining experience commences this month, with delightful options such as Rillettes de Canard, or the delicate embrace of Flamiche aux Poireaux. The vegetarian options like Ratatouille, shines with its vibrant blend of flavours. Desserts introduce a refined touch to the finale, with choices like the velvety Crème Brulee or the classic Profiterole with a twist. Culminating this delectable voyage is the ultimate cheese platter, a grand display of artisanal cheeses sourced from Les Freres Marchand, thoughtfully paired with fine grapes.

Star Gaze is not just a regular meal; it's an exclusive dining experience, a culinary odyssey that captures the essence of France, region by region, bite by bite.



Priced at AED800 for two, with a bottle of grape on weekdays and AED1,000 for two, with a bottle of grape on weekends. For reservations, contact 04 503 6666 or email h7492@sofitel.com. Visit www.sofitel-dubai-downtown.com

COOK SMART

reduce waste

love your leftovers

Make the most of any surplus from our midweek meals



Three ways with lemongrass



Lemongrass & mint tea

Roughly chop a **lemongrass stick** and the remaining husk from the chicken stir-fry and tip into a pan. Add a **handful of mint**, **1 tsp sugar** and 300ml water. Bring to a gentle simmer over a medium heat and once the sugar has melted, set aside to infuse for 10 mins. Strain and serve hot, or cool over ice.



Lemongrass & sriracha butter

Combine **100g butter**, **1 tbsp sriracha, 4 crushed garlic cloves**, the **zest and juice of 1 lime**, a **thumb-sized piece of grated ginger** and **1 tbsp finely minced lemongrass** (if there's any left over from the chicken stir-fry). Brush over **barbecued corn on the cob** and serve with a **lime wedge**.



Lemongrass lemonade

Roughly chop a **lemongrass stick** and the remaining husk and tip into a pan. Add **100g sugar**, the **zest and juice of 2 lemons** and a splash of water. Bring to a gentle simmer and once the sugar has melted, set aside to cool completely. Strain and top up with **sparkling water** and ice to your liking.

GOOD FOOD & SUSTAINABILITY At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers. To find out more, go to *bbcgoodfood.com/reduce-reuse-recycle*. Plus, listen to the Food Programme's inspiring Food Waste Pioneers broadcast, about people who tackle food waste issues, on BBC Radio 4.

Coconut gremolata

Lightly toast **50g leftover desiccated coconut** from the stir-fry recipe in a dry frying pan. Tip into a bowl and mix in the **zest of 1 lime** and a handful of **finely chopped coriander**. Add a **finely chopped chilli**, if you like, and season. Sprinkle over **noodles** or **salads** as a crunchy garnish.

Pasta frittata

Tip half the lemon & green bean pasta into a bowl along with **2 beaten eggs** and a **handful of grated parmesan**. You can also add a spoonful of leftover **harissa** from the fish recipe. Heat a drizzle of **olive oil** in a non-stick frying pan over a medium heat and tip in the pasta mixture, pressing it down with a fish slice. Fry for 5 mins on each side until golden. Serve with a **salad**.

Pan-fried lemon chicken with olives

Fry **chicken breasts or thighs** until cooked through, then set aside. In the same pan, fry a **chopped shallot** or **red onion**. Sizzle for 5 mins until softened and stir in leftover **olives** from the fish recipe, the **juice of 1 lemon**, a good **glug of olive oil** and some **chopped parsley or dill.** Bring to a simmer and season, then drizzle over the chicken.

Harissa mayo

Mix **2 tbsp harissa** left over from the fish recipe with **100g mayonnaise** and season with **lemon juice**, salt and pepper. Use in a sandwich or serve with **sweet potato fries** for dipping.

Photos GETTY IMAGES

Strawberry dreams

For afternoon tea al fresco, try the heavenly combination of strawberries and cream on a shortbread base

recipe HELENA BUSIAKIEWICZ *photograph* TOM REGESTER

Strawberries & cream slice

CUTS INTO 9-12 squares
PREP 40 mins plus 3 hrs chilling
COOK 20 mins EASY

375ml double cream
2 tsp vanilla bean paste
4 egg yolks (freeze the whites for another recipe)
90g golden caster sugar
20g cornflour
15g plain flour
1 gelatine sheet
500g strawberries, hulled and thinly sliced
3 tbsp strawberry jam, warmed and sieved (optional)

For the shortbread base
170g unsalted butter
75g golden caster sugar
200g plain flour
75g cornflour

1 First, make the base. Heat the oven to 200C/180C fan/gas 6 and line a 20 x 20cm square tin with baking parchment, leaving it overhanging the sides. Beat the butter and sugar using an electric whisk until fluffy. Sift over the flour and cornflour, and stir to make a dough. Press into the tin, making sure it's level. Prick all over using a fork and bake for 15-20 mins until set and lightly golden. Cool completely in the tin.

2 Meanwhile, tip the cream and vanilla into a saucepan over a low heat. Warm until starting to steam. Combine the egg yolks, caster sugar, cornflour and plain flour in a heatproof bowl to create a thick paste. Slowly pour in the warm cream, whisking until combined.

3 Put the gelatine in a small bowl and cover with cold water. Pour the custard mixture back into the saucepan, set over a medium-low heat and bring to the boil, whisking continuously until thickened, about 4-5 mins. When it's very thick and bubbling, remove from the heat.

4 Squeeze the excess water from the gelatine and stir it into the custard until fully dissolved. Pour the custard over the shortbread base, smooth the surface, cover and chill for 3 hrs until set.

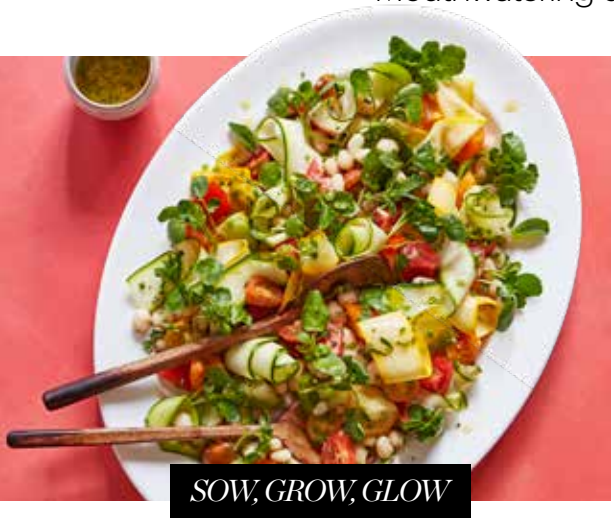
5 Arrange the strawberries over the set custard in overlapping lines, then brush with the warm jam for extra shine, if you like. Cut into nine large or 12 smaller squares to serve. *Will keep chilled for up to two days, but best served the day of making.*

PER SERVING (12) 449 kcals • fat 31g • saturates 18g • carbs 38g • sugars 17g • fibre 2g • protein 4g • salt 0.03g

Shoot director FREDDIE STEWART | Food stylist ELLE JARVIS | Stylist AGATHE GITS

WEEKEND

Mouthwatering dishes to dig into with your family and friends



SOW, GROW, GLOW

Celebrating courgettes, p51



SAVE SUNDAY LUNCH

Roasting summer, p60



PARTY PLATES

Festival of food, p64



THRILL OF THE GRILL, p34



TOM KERRIDGE

Smoky mackerel, p48

THRILL *of the grill*

Enhance your barbecue with our very own spice blend, created for the perfect balance of smokiness and earthy depth. Plus, discover a range of barbecue recipes from around the world

recipes overleaf CASSIE BEST ***photographs*** MYLES NEW



Barbecue feast

Al fresco cooking just makes food taste better – the smoky notes imparted when grilling over hot coals or wood elevates even the simplest ingredients. Use our ultimate barbecue spice blend (see the recipe below) to make a summer platter, then find more inspiration in the following pages with recipes from around the world.



BBQ-spiced spatchcock chicken

Cooking the chicken whole ensures it stays juicy and flavourful. The marinade also works for kebabs.

SERVES 4 **PREP** 10 mins plus 1 hr marinating **COOK** 40 mins **EASY**

2 garlic cloves, crushed
½ lemon, juiced
100g natural yogurt
2 tbsp olive oil
1 quantity of ultimate BBQ spice blend (see left)
1.3kg whole chicken, spatchcocked (learn how to do this at *bbcgoodfoodme.com*)

1 Combine the garlic, lemon juice, yogurt, olive oil and spice blend in a bowl, and season with a little salt and pepper. Put the chicken in a roasting tin and cut a few slashes into each leg using a sharp knife. Rub the marinade all over the chicken and into the slashes, then leave at room temperature for 1 hr. *Will keep chilled for up to two days.*
2 When you're ready to cook, put the chicken, skin-side up, on a barbecue over ashen coals. Cook for 5 mins on each side, then move the chicken to the cooler side of the barbecue (not directly over the coals) and cover with the barbecue lid. Cook for 20-30 mins more, turning regularly until the chicken is lightly charred on the outside and cooked through – the internal temperature should read at least 70C and the juices should run clear. Remove to a tray, cover and leave to rest for 10 mins before carving and serving.

GOOD TO KNOW gluten free
PER SERVING 393 kcals • fat 25g • saturates 6g • carbs 2g • sugars 2g • fibre 2g • protein 39g • salt 0.3g

Slow-cooked BBQ-spiced pulled pork

On rainy days, you can still enjoy smoky flavours indoors with our spice blend and a slow cooker. Or see how to barbecue this, opposite.

SERVES 6 **PREP** 10 mins **COOK** 5-7 hrs **EASY** ❄ P

2.5kg boneless pork shoulder
1 quantity of ultimate BBQ spice blend
2 bay leaves
3 tbsp cider vinegar
3 tbsp light brown soft sugar
6 tbsp BBQ sauce (gluten-free, if needed)

1 Heat the oven to 150C/130C fan/gas 2 or set the slow cooker to low. If the pork is tied, remove the string. Rub the spice blend all over. Season. Put the pork in a large flameproof casserole or the slow cooker, and sprinkle over any remaining spice blend and the bay leaves. Pour in a mugful of water, cover with the lid and cook for 5-7 hrs, or until the pork can be shredded with a fork.
2 Lift the pork onto a plate. Remove and discard any skin and fat. Shred the meat using two forks, discarding any sinew. Put the casserole over a medium heat (or pour the liquid into a saucepan). Add the vinegar, sugar and barbecue sauce. Simmer until the liquid has reduced and is glossy, about 15-20 mins.
3 Mix the meat through the sauce. Serve in buns or over jacket potatoes. *Once cooled, keeps chilled for 48 hrs or frozen for three months.*

GOOD TO KNOW gluten free
PER SERVING 756 kcals • fat 45g • saturates 15g • carbs 14g • sugars 13g • fibre 1g • protein 74g • salt 0.7g

Good Food's ultimate BBQ spice blend

Make our versatile spice blend to use in a variety of ways (as well as the recipes featured here). If you have whole spices, first toast them in a dry frying pan for 1-2 mins until fragrant, then blitz to a powder using a spice grinder.

Combine **2 tsp smoked paprika** (10g), **1 tsp ground coriander** (5g), **½ tsp each ground cumin and ground fennel seed** (2g), and **¼ tsp each ground allspice and ground cinnamon** (0.5g). *Will keep in an airtight container in a cool, dry place for up to two months.*

GOOD TO KNOW vegan • gluten free
PER SERVING (3g) 8 kcals • fat 0.5g • saturates 0.1g • carbs 0.2g • sugars 0.2g • fibre 1g • protein 0.5g • salt 0.01g

Shoot director RACHEL BAYLY, BEN CURTIS | Food stylist HELEN UPSHALL | Stylist JO HARRIS



DON'T FORGET THE SIDES

BBQ spice butter

Liven up corn-on-the-cob, green veg, meat, fish or potatoes by brushing with flavoured butter.

MAKES 200g **PREP** 5 mins
NO COOK EASY V ❄

Combine **200g softened butter** and **1 quantity of ultimate BBQ spice blend** (see opposite). Spoon into the middle of a large sheet of baking parchment and roll into a log, twisting the ends of the parchment to seal, then chill until firm enough to slice. *Will keep chilled for up for up to two weeks or frozen for up to two months.* Melt slices over barbecued corn, jacket potatoes or steak.

GOOD TO KNOW gluten free
PER SERVING (1 tbsp) 103 kcals • fat 11g • saturates 7g • carbs 0.1g • sugars 0.1g • fibre 0.4g • protein 0.3g • salt 0.3g

Creamy red cabbage & lime slaw

SERVES 4 **PREP** 15 mins plus 1 hr chilling **NO COOK EASY V**

Combine **4 tbsp mayonnaise**, **2 tbsp soured cream**, the **zest and juice of 1 lime** and **2 tsp honey** in a large bowl. Season. Add **¼ red cabbage**, shredded, **1 red onion**, finely sliced, and **1 carrot**, grated, and toss to combine. Chill for 1 hr before serving so the veg softens slightly. *Will keep chilled for up to three days.*

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 165 kcals • fat 13g • saturates 2g • carbs 9g • sugars 8g • fibre 3g • protein 1g • salt 0.1g

PULLED PORK ON THE BBQ

To cook the pork on the barbecue, rub the spice blend all over the meat, then put over the cooler side of the barbecue. Cover with the lid and cook for 3-4 hrs, stoking the coals as needed, aiming to keep the internal barbecue temperature at about 150C. When ready, the pork should have a charred crust and be very tender – you can wrap it loosely in foil in the last hour to prevent it falling through the bars. Simmer the vinegar, sugar and barbecue sauce on the hob to serve alongside.

PICKLES

Sweet and sour pickles pair well with smoky food, as they cut through the deep, earthy flavours. We like American-style bread & butter pickles – also called burger or dill pickles. Find a recipe at *bbcgoodfoodme.com*.

BUNS OR BREAD

Brioche buns are a good choice for barbecues, as they're sweet and soft against meaty or crunchy fillings. But, vegans or those who suffer from egg or milk intolerances or allergies won't be able to enjoy them. Flatbreads are another great option, and are easy to make yourself. Find recipes for simple sesame and gluten-free flatbreads at *bbcgoodfoodme.com/recipes*.

The boerie roll

This is a Southern African version of a meaty beef hot dog. It has a coarse texture that almost makes it feel like a burger, but instead it's a sausage. My version is packed with savoury umami, with a balance of sweet smokiness and spicy notes. **Simon Chiremba**



SERVES 6 **PREP** 45 mins plus at least 1 hr 30 mins steeping
COOK 1 hr **MORE EFFORT**

500g boerewors sausage
6 brioche hot dog buns
American mustard, to serve (optional)

For the lager onions
2 tbsp rapeseed oil
300g white onion, finely chopped
1 tsp garlic purée
5g thyme, leaves picked
2 bay leaves
50g caster sugar
2 tbsp malt vinegar
100ml lager

For the monkey gland sauce
100ml tomato ketchup
50ml malt vinegar
1 tsp Worcestershire sauce
100g smooth tomato chilli chutney

For the pink pickled onions
½ large red onion, thinly sliced
200g red wine vinegar
100g caster sugar
1 bay leaf

1 To pickle the onions, put the onions in a small non-reactive bowl. Pour the vinegar into a saucepan and stir in the sugar and bay. Bring to a simmer, then pour this over the onions. Cover and chill for at least 1 hr 30 mins, or overnight.

2 For the lager onions, heat the oil in a saucepan over a medium heat and cook the onion, garlic, thyme and bay for 5-8 mins, stirring to prevent sticking, until golden and caramelised. Add the sugar and vinegar, cook for 2 mins more, then pour in the lager. Simmer for 15 mins over a low heat, stirring occasionally until the liquid has reduced to a sticky, caramelised consistency. Season, then remove from the heat and decant into a container until needed. *Will keep chilled for a few days.*

3 Combine all the ingredients for the monkey gland sauce in a bowl or jug. You can transfer it into a squeezy bottle or piping bag. *Will keep chilled for a few days.*

4 Prepare you barbecue (or braai). For best results, let the fire and coals or wood settle until you have white dust on the outside of the coals or wood. The boerewors is best cooked over a hot, indirect heat for 12-15 mins, depending on the thickness of the sausage, until cooked through.

5 To serve, split the brioche buns, spread the lager onions over the base, then put a sausage-sized slice of the boerewors on top. Drizzle over the monkey gland sauce and squeeze over the American mustard, if using. Finish with a spoonful of the pickled onions.

PER SERVING 566 kcals • fat 25g • saturates 9g • carbs 66g • sugars 42g • fibre 3g • protein 16g • salt 2g

TIP

RAIN OR SHINE

If rain strikes, cook the sausages in a griddle pan over a medium heat, turning often, for 15 mins until cooked through.



Simon Chiremba was raised eating 'braai' (barbecue) – sadza, boerewors, chicken and mealies (corn). He moved to the UK to study and did a culinary internship programme in the US, which introduced him to low and slow barbecue. He eventually launched a catering company, Smoke & Braai, in the UK, which brings South African braai and American barbecue together. *@smokeandbraai*



Afghan chicken skewer kabob

The chicken kabob is deeply sentimental for me, as it was one of the first barbecue dishes my mother taught me to make. It needs a lot of prep, so I'd get the chance to spend quality time with my family. **Mursal Saiq**

SERVES 4-6 **PREP** 30 mins plus 1 hr marinating **COOK** 25 mins **EASY**

3 onions, 2 chopped and 1 finely sliced
50g bunch of coriander
1 green chilli
2 lemons, juiced
50ml sesame oil
120ml apple cider vinegar
1 tbsp ginger and garlic paste
1 tsp chaat masala
1 tsp ground cumin
1 tsp ground turmeric
500g skinless, boneless chicken thighs, cut into bite-size pieces

To serve
naan or flatbreads (optional)
1 onion, finely sliced
3 vine tomatoes, cut into wedges

1 Blitz the chopped onions in a food processer, then press through a sieve over a bowl to extract the onion juice. Set the juice aside and discard the onion pulp.
2 Put the coriander, chilli, lemon juice, sesame oil, vinegar, ginger and garlic paste, chaat masala, cumin, turmeric, the onion juice and some seasoning in a food processor. Whizz together to make a marinade.
3 Tip the chicken into a large bowl along with the marinade, mix to coat and leave for 1 hr, or overnight.
4 Skewer the chicken pieces onto 4-6 long metal skewers. Cook on the barbecue over ashen coals or wood. Alternatively, cook on a gas barbecue or under a hot grill for 15-20 mins, turning frequently until charred and cooked through.
5 Serve the skewers with naan (Afghan naan is preferable), the sliced onion and tomatoes, and some Afghan chutney and garlic yogurt (see recipes, right).

GOOD TO KNOW gluten free
PER SERVING (6) 239 kcals • fat 16g • saturates 3g • carbs 7g • sugars 5g • fibre 2g • protein 17g • salt 0.2g

Afghan chutney

SERVES 4 as a dip **PREP** 15 mins
NO COOK EASY V

2 green chillies, sliced
25g bunch of coriander, chopped
3 garlic cloves, finely grated
2 lemons or limes, juiced
½ tbsp caster sugar
110ml distilled white vinegar

Combine the chillies, coriander, garlic and lemon juice in a bowl. Tip into a food processor along with the sugar, vinegar and ¾ tsp salt. Blitz to a thin paste (like mint sauce). Tip into a bowl. Cover and chill until needed. *Will keep chilled for up to three days.*

GOOD TO KNOW vegan • gluten free
PER SERVING 18 kcals • fat 0.1g • saturates none • carbs 4g • sugars 3g • fibre 0.4g • protein 0.6g • salt 0.9g

Garlic yogurt

MAKES 200g **PREP** 5 mins
NO COOK EASY V

200g natural yogurt
3 small garlic cloves, finely grated
1 tsp dried mint

Combine all the ingredients in a bowl, season with salt and black pepper, and chill until needed. *Will keep chilled for up to three days.*

GOOD TO KNOW gluten free
PER SERVING (per tbsp) 35 kcals • fat 1g • saturates 0.8g • carbs 3g • sugars 3g • fibre 0.1g • protein 2g • salt 0.1g



Born in Kabul, Afghanistan, Mursal opened Cue Point Ldn, an inclusive catering company, with chef Josh Moroney. It merges British and Afghan flavours, specialising in smoked meats. Mursal has also started Cue Point Kitchen, a social impact arm, which focuses on building the generational wealth of racialised individuals in hospitality. *@mursal_saiq*

Smoked lamb shoulder with salsa criolla



This is my favourite way of cooking lamb shoulder. My go-to lamb is Eryri mountain lamb (Cymru represent!) for unreal depth of flavour. Just perfect with a kiss of fire and smoke. **Chris Roberts**

SERVES 6 **PREP** 1 hr plus at least 1 hr marinating and cooling
COOK 4 hrs 30 mins **MORE EFFORT**

2.5kg bone-in lamb shoulder
3 tbsp vegetable oil
10g ground coriander
10g ground cumin
10g carraway seeds
few dashes of Worcestershire sauce
5 garlic cloves
1 red pepper, roughly chopped
2 red onions, chopped
1 red and 1 green chilli, chopped
2 tbsp apple cider vinegar
500ml lamb stock
6 flatbreads
handful of parsley, chopped

For the charred salsa criolla
100g chillies
500g peppers
2 large red onions
250g tomatoes
1 garlic bulb
50ml extra virgin olive oil
about 100ml apple cider vinegar
30g mint leaves, chopped

For the sumac shallots
300g banana shallots, sliced
20g sumac
1 tsp sugar
2 tbsp extra virgin olive oil
70ml red wine vinegar

1 Pierce the lamb all over using a sharp knife. Drizzle over the oil, then sprinkle over the spices, a good pinch of salt and black pepper, and the Worcestershire sauce. Massage the shoulder well until the marinade becomes a paste and chill for at least 1 hr or overnight in the fridge.

2 Prepare the barbecue – you will need a low temperature, around 125-140C with ashen coals (I put some lit coals onto unlit coals, and a fist-sized chunk or two of seasoned cherrywood to flavour the lamb. If using a gas barbecue, see tip.) Cook the lamb for 2-3 hrs (it will be cooked at this point), then transfer to a flameproof roasting tin. Peel the garlic and add to the tin with the red pepper, onions, chillies, vinegar and stock. Cook for another 1-2 hrs until the lamb is 92C when a temperature probe is inserted, or the shoulder blade slides out easily.

3 While the lamb is cooking, prepare the salsa. Put the chillies, peppers, onions and tomatoes directly into the embers, or on the gas barbecue flame. Remove each ingredient once blistered. The chillies will only need 30 seconds or so, but the onions will need at least 15 mins. Roast the garlic bulb to the side of the embers or flame until soft. Leave everything to cool, then squeeze the onions and garlic out of their skins. (Keep the charred skin on everything else.) Chop all the veg, discarding the stems and seeds, then put in a bowl. Drizzle over the olive oil and pour in the vinegar to taste. Add a good pinch of salt and black pepper, then stir in the mint.

4 For the sumac shallots, put the shallots in a bowl, then sprinkle over the sumac, sugar and a pinch of salt. Drizzle in the olive oil and the red wine vinegar, and mix well.

5 Once the lamb is cooked, remove from the tin, pull out the shoulder blade and put the meat on a platter. Tip the veg and juices from the tin into a food processor, or use a hand blender to blitz everything together and create a chilli sauce. Serve with the flatbreads and the choppped parsley sprinkled over.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 1,064 kcals • fat 59g • saturates 21g • carbs 59g • sugars 18g • fibre 13g • protein 68g • salt 1g

TIPS

COOKING ON GAS
If cooking on a gas barbecue, soak 150g cherrywood chips for 30 mins, then wrap the wood chips in a foil pouch and cut a hole in it. Cook the lamb at 125C-140C for 2 hrs, then remove the wood chips and cook the lamb for 1 hr 30 mins, or until very tender.

WHAT IS SALSA CRIOLLA?
Hailing from Latin America, this spicy mix of ingredients, meant to accompany meat dishes, is thought to have evolved from Spanish cuisine, with its inclusion of olive oil and vinegar, alongside peppers, garlic, tomatoes and herbs.



Chris 'Flamebaster' Roberts is from Caernarfon in Wales. He's been a support worker for adults with learning disabilities for 17 years, working with them to craft their own recipes, learn where the produce comes from, then cook together. Chris is passionate about cooking over fire, inspired by his Patagonian ancestry. He regularly hosts pop-ups which include live music and hosts his own TV show on S4C. *@flamebaster*



Courgette green bean & feta salad

I adore grilled veg salads, where you can layer up flavours and textures. (You can marinate the veg and feta and mix your hazelnut crumbs 24 hours ahead.) A perforated grilling tray is a useful bit of kit when it comes to cooking smaller pieces of veg, because they have no chance of falling through the grill bars. If you don't have one, rest perpendicular to the grill bars and turn slightly more carefully – it also helps to grill the veg in batches. **Genevieve Taylor**

SERVES 4-6 **PREP** 20 mins
COOK 40 mins **EASY** V

3 medium courgettes (about 600-700g), sliced 2cm-thick
300g green beans, trimmed
2 x 200g blocks of feta, each cut in half
4 tbsp olive oil
4 garlic cloves, chopped
bunch of thyme, leaves picked
2 red chillies, finely chopped (optional)
3 oranges, zested
50g fresh breadcrumbs
75g hazelnuts, roughly chopped
4 tbsp extra virgin olive oil, to serve

1 Spread the courgettes and green beans out on a baking sheet. Put the feta in a small flameproof tin – a small enamel roasting tin is ideal, but you could even bake it on a sheet of foil. Drizzle 3 tbsp of the olive oil over the veg, and remaining 1 tbsp over the feta. Add about two-thirds of the garlic and thyme to the veg, along with most of the chilli, if using, then scatter the rest over the feta, reserving some of the thyme. Scatter the zest of 2 oranges over the veg and the rest over the feta. Season the feta with a good grind of black pepper and season the veg well with salt and pepper. Toss the veg together and tip into a bowl. Cover both and keep chilled until ready to cook. *Will keep covered and chilled for up to 24 hrs.*

2 Tip the breadcrumbs onto the baking sheet and mix to soak up any marinade left on the tray, then scoop into a bowl and stir in the hazelnuts. *Will keep covered and chilled for up to 24 hrs.*

3 Using a sharp knife, cut a thin slice off the top and bottom of each zested orange. Slice off the skin in strips, removing as much of the pith as you can, then – cupping the orange in your palm – slice along each side of the membrane that separates the segments. Squeeze out what remains into a bowl and repeat with the other orange. If you aren't confident with your knife skills, simply cut the oranges into thin slices – they'll still taste great.

4 When ready to cook, fire up the barbecue, ready for direct and indirect grilling (see our guide at *bbcgoodfood.com/how-light-bbq*), with the charcoal lit on one half only. Or, if using a gas barbecue, just light half the burners. This allows you to have temperature control as food can be moved closer or further away from the fire as it's cooking. Set a frying pan directly over the fire. Once hot, tip in the breadcrumb and hazelnut mixture. Stir over the heat for a few minutes until crispy and golden, then slide the pan off the barbecue. Set aside.

5 Grill the veg in batches over direct heat, starting with the courgettes, followed by the beans. Grill for a couple of minutes on each side until lightly charred and just tender, transferring to a serving dish as you go. This will take around 30 mins.

6 Set the tin or foil containing the feta onto the grill bars, slightly away from the fire, and shut the barbecue lid (or cover with foil). Cook for about 10 mins until the cheese has softened – it won't melt.

7 While the feta is cooking, tuck the orange segments into the grilled veg and scatter over the hazelnut crumbs. Mix well.

8 Once the cheese is ready, use a fish slice to slide it off the tray and onto the veg and oranges. Dress with a generous drizzle of extra virgin olive oil and the remaining chilli and thyme, then tuck in.

GOOD TO KNOW calcium • folate • vit c • 2 of 5-a-day
PER SERVING (6) 455 kcals • fat 37g • saturates 12g • carbs 12g • sugars 6g • fibre 5g • protein 16g • salt 1.8g

TIP
Add a can or two of drained cannellini or butter beans to the feta before baking to make a more substantial main course.

Live fire and barbecue expert Genevieve Taylor is the author of 12 cookery books, including bestseller *Charred: The Complete Guide to Vegetarian Grilling and Barbecue,* and her latest, *Seared: The Ultimate Guide to Barbecuing Meat*. A proud omnivore, Genevieve is on a mission to prove that great barbecue isn't just man vesus meat. *@genevieveeats*





Sardine kushiyaki with oroshi daikon ponzu sauce

Japan's most famous skewers are yakitori (grilled chicken), but skewers in general are kushiyaki, which means 'grilled skewers'. My son likes to go fishing in Cornwall, and we always come back with plenty of mackerel and sardines – delicious grilled simply to get a crispy skin, then dressed in ponzu sauce, which has saltiness and the fresh acidity of citrus to counter the natural oils of the fish. Daikon is often eaten with oily fish to aid digestion. (When finely grated, it helps thickens the ponzu.) Serve with a zingy tomato salad.

Andrew Kojima

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY**

10 whole sardines (about 1kg), gutted

For the oroshi daikon ponzu sauce

100ml soy sauce
35ml yuzu juice (or use lemon juice)
25ml rice vinegar
35ml mirin
35ml dashi stock (or use water)
200g daikon

You will also need

10 flat skewers (see tip, right)

1 Tip all of the ingredients for the ponzu sauce, except the daikon, into a sterilised jar and mix together. (The dashi stock is optional, but it softens the sauce while adding umami in the background. Use water if you don't have dashi.) *Will keep chilled for up to three months.* Peel the daikon, then grate it on the finest side of the grater. Squeeze out the water and set aside in a bowl.

2 Rinse the sardines, then sprinkle generously with salt, especially the fins and tails, as this keeps them from burning. Skewer the sardines lengthwise, from the tail through to the head. If the sardines are already butterflied, it is better to skewer the fish in pairs using two skewers: one across the head ends and one to secure the tail ends.

3 Grill the sardines over a medium hot grill, about 230C – if you hold your hand 15cm above the coals, you should be able to keep it there for 3-4 seconds. (Be careful so you don't burn your hands.) Cook on one side for 4-5 mins until the skin nearest the heat is crispy and the flesh is firm and bouncy to the touch.

4 Serve immediately, with a mound of grated daikon in a pool of ponzu (around 1 tbsp grated daikon to 3 tbsp ponzu). When you mix the daikon into the ponzu it will thicken, which helps it stick to the fish.

GOOD TO KNOW iron • omega-3
PER SERVING 384 kcals • fat 15g • saturates 4g • carbs 14g • sugars 10g • fibre none • protein 48g • salt 4.3g

TIPS

- I prefer to use flat skewers, because they're less prone to spinning on the barbecue (look for 'teppo' or 'gun-shaped' skewers).
- In Japan, sardines are often eaten whole like whitebait, with heads and guts, adding a desirable bitterness and complexity to the flavour. If you prefer, you may remove the heads and butterfly the sardines, but grilling softens the bones so you can either remove them easily once cooked or eat them. You can use other fish, such as mackerel, but if using larger fish, it's best to cut them into smaller pieces so they cook quickly and evenly.

Shoot directors RACHEL BAYLY & BEN CURTIS | Food stylist HELEN UPSHALL | Stylist JO HARRIS



Andrew 'Koj' Kojima promotes Japanese food and drink as a chef, teacher and author. After reaching the final of *MasterChef* in 2012, he worked in Michelin-starred kitchens across the UK and Europe before specialising in the cuisine of his father's heritage. His debut book *No Sushi* was published in 2020 by A Way With Media. *chefkoj.com*

AROUND THE BRITISH ISLES



TOM KERRIDGE

SMOKY MACKEREL

Tom shares a barbecue recipe using fish caught by sustainable means

photographs JONATHAN GREGSON

At the time of writing, mackerel, my favourite fish to barbecue, has been put on the 'fish to avoid' list. It's a shame, because it's inexpensive and packed with omega-3. If you happen to be holidaying by the seaside and catching your own, or you're lucky enough to live by the coast and know of small-boat fishermen catching mackerel sustainably, I've decided to share this recipe for inspiration. If you can't get hold of mackerel, though, there isn't a fish I can think of – whole or filleted, barbecued or oven-baked – that wouldn't work well with my summery tomato dressing (see recipe, overleaf).

Our contributing editor Tom Kerridge is a BBC presenter, chef-owner of restaurants in London and Marlow and cookbook author. You can also listen to Tom on the BBC Good Food Podcast at *bbcgoodfood.com/podcast*. @ChefTomKerridge



Barbecued mackerel with tomato & olive dressing

Removing the skin from the tomatoes here might seem like hassle, but it's worth the effort – it's the difference between making a salad or a dressing.

SERVES 4 PREP 20 mins
COOK 10 mins EASY

6 rosemary sprigs
4 whole medium line-caught mackerel, gutted and cleaned

For the dressing

4 plum tomatoes
100ml olive oil
1 tbsp coriander seeds, toasted and lightly crushed
3 garlic cloves, finely grated
8 black olives, pitted and finely chopped
1 lemon, zested and juiced
small handful each of flat-leaf parsley and basil leaves, finely chopped

1 To make the dressing, score a cross in the bottom of each tomato, then put in a large heatproof bowl. Pour over boiling water from the kettle to completely cover, then leave for 30 seconds until the skin starts to curl. Drain and put in cold water to cool a little. Drain again, then peel away the skin. Quarter and deseed the tomatoes, then finely chop. Set aside.

2 Heat the olive oil and coriander seeds together in a deep-sided frying pan until starting to sizzle, then stir in the garlic and leave for 1 min to infuse. Pour about 2 tbsp of the oil into a smaller pan, then tip the rest of the oil into a bowl with the tomatoes, olives, lemon zest and juice, the parsley and basil. Season, mix well and set aside. *Will keep for a few hours at room temperature, but add the herbs just before serving.*

3 Light the barbecue and wait until the coals are ashen. Meanwhile, lay half of the rosemary over a fish cage. Brush the mackerel with some of the reserved olive oil and season with sea salt flakes. Lay the fish on the rosemary, drizzle over the rest of the oil, tuck in the remaining rosemary, and close the cage. Once the coals are grey and the heat emitted isn't too severe, grill the mackerel for about 5 mins on each side until the skin blisters and the flesh is cooked through. Remove the mackerel from the cage. Serve on a platter with the dressing spooned over.

GOOD TO KNOW folate • vit c • omega-3 • 1 of 5-a-day • gluten free
PER SERVING 631 kcals • fat 56g • saturates 10g • carbs 4g • sugars 3g • fibre 2g • protein 27g • salt 0.6g

5 OTHER IDEAS

• **Barbecued broccoli** Toss **8 spears of long-stemmed sprouting broccoli** in **1 tsp olive oil**, then cook on the barbecue for 5 mins until starting to wilt. Toss in more olive oil and the juice of **½ lemon** to serve.

• **Make-ahead couscous** If you want a carb to serve with the fish, giant couscous is ideal and can be cooked ahead. Bring **800ml vegetable stock** to the boil, then stir in **300g giant couscous**. Simmer for 8-10 mins until the stock has been absorbed and the couscous is cooked through, then season and stir in **1 tbsp olive oil** and leave to cool. *Will keep chilled for up to a day.* Serve as is, or dress with **parsley**, **coriander** and **chopped roasted peppers**.

• **No cage?** If you like barbecuing fish, then a fish cage is the easiest way to stop it sticking to the grill. If you don't have a cage, oil the fish well and season generously with salt flakes to form a barrier.

• **Different fish** You could opt for sea bream. You'll need 1 fish for two people, and it will need about 8-10 mins on each side.

• **Rain or shine** If the weather isn't right for the barbecue, then the mackerel can be grilled on a baking tray for about 5 mins on each side instead.

Shoot director RACHEL BAYLY | Food stylist ROSIE REYNOLDS | Stylist LUIS PERAL



sow grow glow

Sow, grow, glow: *celebrating courgettes*

Samuel Goldsmith shares fresh ideas for a summertime glut, including a pasta bake and brownies. Rekha Mistry gives advice on what to sow for harvesting later

recipes SAMUEL GOLDSMITH ***photographs*** YUKI SUGUIRA

THE BENEFITS OF GROWING YOUR OWN

Discover the satisfaction of nurturing produce from seed to plant, then turning your homegrown harvest into something delicious. As well as lowering your shopping bills, garden-fresh fruit and veg is more nutrient-rich than shop-bought, and only picking what you need reduces waste. Plus, being outdoors or losing yourself in a kitchen project can improve your sense of well-being.

Courgette brownies

MAKES 16 **PREP** 15 mins plus 1 hr cooling **COOK** 20-25 mins **EASY** V

200g unsalted butter, cut into cubes, plus extra for the tin
120g plain flour
50g cocoa powder
200g dark chocolate, broken into pieces
4 eggs
300g caster sugar
1 courgette (about 300g), grated
100g milk chocolate chips

1 Heat the oven to 180C/160C fan/gas 4. Butter a 30 x 20cm cake tin or deep baking tray and line with baking parchment. Sift the flour and cocoa into a bowl and set aside.
2 Melt the butter and dark chocolate together in a heatproof bowl set over a pan of simmering water, making sure the bowl doesn't touch the water. Or, do this in short bursts in the microwave. Once melted, set aside to cool slightly.
3 Beat the eggs and sugar together in a large bowl using an electric whisk until thick and doubled in volume. (When you lift the beaters, the mixture should leave a trail that lasts 2-3 seconds.) Fold in the melted chocolate mixture followed by the flour mixture, then the grated courgette and milk chocolate chips. Do this gently to retain as much air in the batter as possible.
4 Tip the batter into the prepared tin, gently level the surface with a spatula or palette knife, and bake for 20-30 mins, or until just set – the top should have a shiny crust, but the centre should have a slight wobble. Leave to cool completely in the tin, about 1 hr. Remove to a board and cut into 16 pieces. *Will keep in an airtight container for up to five days.*

PER SERVING 332 kcals · fat 19g · saturates 11g · carbs 34g · sugars 27g · fibre 2g · protein 5g · salt 0.3g

Grow

HOW TO GROW COURGETTES

Buy young courgettes at the garden centre in late spring, or sow courgette seeds indoors in April or May in pots of peat-free, multi-purpose compost. Pot on seedlings when they're big enough to handle, and plant young plants outside when the risk of frost has passed. Or, sow seeds directly outside in late May or early June. Courgettes are hungry plants, so they do well when grown in soil enriched with plenty of well-rotted horse manure or compost and fed weekly with a high-potash feed, such as tomato food. Water the plants regularly to keep the soil moist and harvest courgettes when they're about 10cm long.









Courgette & sausage timballo

SERVES 8 **PREP** 30 mins plus cooling
COOK 1 hr 15 mins **MORE EFFORT**

knob of butter, for the tin
6 courgettes
2-3 tbsp olive oil
1 red onion, finely chopped
4 sausages of your choice
2-3 tbsp nduja paste (depending on your preference for chilli heat)
400g can chopped tomatoes
1 tsp dried mixed herbs
300g penne
125g ball mozzarella, drained and torn into pieces

1 Butter a 20cm springform cake tin and set aside. Thinly slice 5 of the courgettes lengthways using a sharp knife or mandoline – you should get 6-8 slices from each courgette. Heat 2 tsp of the oil in a large frying pan over a medium-low heat and fry the courgette slices for 1-2 mins on each side until golden (you'll need to do this in batches, adding a splash of oil between each batch). Remove to a sheet of kitchen paper or clean tea towel to drain. Leave to cool, then use to line the tin, leaving the ends overhanging the rim. You should have some slices left over; set these aside to use for the top later. Put the tin on a baking tray. Set aside.
2 Finely chop the remaining courgette. Heat 2 tsp oil in the same frying pan over a medium heat and fry the onion for 5 mins until beginning to soften. Squeeze the sausagemeat from the skins into the pan and continue to fry for a few minutes more, squashing the sausage with the back of the spoon until beginning to brown. Stir in the chopped courgette and cook for 5-8 mins until golden. Add the nduja paste and fry for another 2 mins, then tip in the tomatoes and herbs and fry for 4-5 mins more until everything is combined and hot through. Remove from the heat and set aside.
3 Heat the oven to 200C/180C fan/gas 6. Cook the penne in a large pan of boiling water following pack instructions, drain, return to the pan and stir in the courgette and tomato sauce along with the mozzarella pieces. Spoon the pasta into the courgette-lined tin, packing it down so it fits snugly. Fold the overhanging courgettes over the pasta, then arrange the remaining courgette slices on top, tucking them down the sides if possible. Bake for 35-45 mins until piping hot and the courgette slices are golden brown. Leave to cool in the tin for 20 mins, then invert onto a large serving plate, lift off the tin and cut into wedges to serve. *Will keep chilled for up to three days and can be eaten hot or cold.*

GOOD TO KNOW low cal • vit c • 2 of 5-a-day
PER SERVING 331 kcals • fat 14g • saturates 6g • carbs 35g • sugars 6g • fibre 5g • protein 13g • salt 0.7g

Grow

HOW TO HARVEST COURGETTES

Cut courgettes while small (about 10cm long is ideal), rather than leaving them to grow to the size of marrows – this will encourage more courgettes to develop over a longer period. Cut them off at the base with a sharp knife, or twist the stalk sharply.

● For more seasonal recipe ideas, go to: *bbcgoodfoodme.com.*



"Cutting courgettes off when small will encourage more to develop over a longer period"



Herby courgette & white bean salad

SERVES 4 PREP 10 mins
NO COOK EASY V

2 medium courgettes
400g ripe tomatoes, quartered or cut into bite-sized pieces
400g can white beans (such as cannellini or haricot), drained and rinsed
60g salad leaves (such as watercress or rocket)
large handful of mint leaves, roughly chopped
¼ small bunch of chives, roughly chopped
30g parmesan shavings, or vegetarian alternative
For the dressing
3 tbsp extra virgin olive oil
1 tbsp white wine vinegar
1 tsp honey
¼ small bunch of chives, roughly chopped
1 tsp Dijon mustard

1 First make the dressing. Whisk the ingredients together with a good pinch each of salt and freshly ground black pepper, or shake together in a jar until emulsified.
2 Trim the courgettes, then cut into long ribbons using a vegetable peeler. Tip into a large bowl with the tomatoes, beans, salad leaves and herbs, and toss everything together using your hands to combine.
3 Drizzle over the dressing and scatter over the parmesan shavings, toss again and tip into a salad bowl or platter to serve.

GOOD TO KNOW healthy · low cal · folate · fibre · vit c · 3 of 5-a-day · gluten free
PER SERVING 221 kcals · fat 12g · saturates 3g · carbs 16g · sugars 7g · fibre 6g · protein 10g · salt 0.4g

SOW AND GROW
plan ahead

Jobs to do each month

- *April or May:* sow seeds indoors
- *April to May:* pot on seedlings indoors
- *Late May to early June:* sow seeds outdoors for a late crop
- *May to June:* plant out young plants
- *July to October:* harvest fruits

Courgettes are easy to grow and highly productive plants, bearing masses of delicious, nutty crops for use in summer dishes and salads. They're prolific croppers and take up a lot of space, so just two or three plants are enough to feed a family, with some left over. You can buy young courgette plants at the garden centre in late spring, but they are easy to grow from seed.







Courgette jam

MAKES about 1.4kg **PREP** 15 mins
COOK 25-30 mins **EASY** **V**

1kg courgettes, grated
750g jam sugar
1 lemon, juiced
thumb-sized piece of ginger, peeled and grated

1 If you don't have a jam thermometer, put a couple of saucers in the freezer to chill. Put all the ingredients in a large saucepan or jam pan, and cook over a medium heat until the courgettes have released their liquid and the sugar has dissolved, about 10 mins. Cook for another 10 mins, stirring often until the liquid has reduced slightly, then cook for 10-15 mins more until the mixture reaches 105C on a jam thermometer. Or, spoon a little of the jam onto one of the cold saucers. After a couple of minutes, gently push your finger through the jam – if the surface wrinkles, it's ready. If not, return to the boil for 2 mins, then re-test using the second saucer.

2 Remove from the heat, skim off any froth, then leave to cool for 10 mins. Spoon into sterilised jars. *Will keep chilled for up to three months.* Serve on toast as you would a marmalade.

GOOD TO KNOW vegan • low fat • gluten free
PER SERVING (1 tbsp) 40 kcals • fat 0.1g • saturates none • carbs 10g • sugars 10g • fibre 0.2g • protein 0.2g • salt none

Shoot director RACHEL BAYLY | Food stylist KATIE MARSHALL Stylist MAX ROBINSON



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SAVE SUNDAY LUNCH

ROASTING SUMMER

Angela Hartnett gives roast pork a seasonal overhaul and rounds off the menu with a simple to make French pastry



Chef and restaurateur Angela Hartnett MBE is known for her Italian-inspired cooking, and owns three restaurants in London: Murano, Merchant's Tavern, and Café Murano. Angela is a regular on *Great British Menu*, *MasterChef* and *Saturday Kitchen*, and is a judge on *Best Home Cook*. *@angelacooking*



Beetroot & lentils

I always set out to the local greengrocer with the best of intentions, aiming to buy some veg, thinking, 'I'll be really healthy' that week. I buy loads of wonderful vegetables that just sit in the fridge, and Neil (my husband), will despair and end up turning these forgotten vegetables into gorgeous salads.

SERVES 4 **PREP** 15 mins plus marinating **COOK** 1 hr 10 mins **EASY** **V**

500g beetroot
2 garlic cloves, crushed
2 thyme sprigs
1 tsp light brown soft sugar
115ml red wine vinegar
100ml extra virgin olive oil
1 tsp Dijon mustard
200g puy lentils
handful of flat-leaf parsley, leaves and stems finely chopped

1 Heat the oven to 180C/160C fan/gas 4. Line a large baking tray with foil, leaving enough overhang to be able to wrap the foil over the top and the edges, then meet in the middle. Put the beetroot, half the garlic and thyme, all the sugar and some salt in the foil-lined tray, then add 100ml red wine vinegar. Close the foil to form a pillow, then pour 500ml water into the tray around the outside of the foil. Bake the beetroot for 40 mins until a knife goes easily through the largest beetroot.
2 Meanwhile, make the vinaigrette. Mix the oil, remaining vinegar and mustard together, then season well with pepper and set aside.
3 Leave the beetroot to cool slightly, then remove from the tray while still warm. Using a small knife, peel away the skin and cut each beetroot into quarters. Add to the vinaigrette and leave to marinate for 2 mins.
4 Cook the lentils for about 30 mins until al dente, or following pack instructions, adding the remaining garlic and thyme to the cooking water. Leave to cool a little in the water, then drain, discarding the thyme and garlic. Toss the lentils with the beetroot and parsley, and serve warm.

GOOD TO KNOW folate • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 426 kcals • fat 26g • saturates 4g • carbs 30g • sugars 10g • fibre 9g • protein 13g • salt 0.4g

Roasted pork belly

This recipe is inspired by Valentine Warner, a chef and food writer, and a friend who I adore. I was due to be cooking dinner at a festival a few years ago where all the recipes were pork, and I was flicking through recipe books for inspiration. I loved the sound of Valentine's recipe – he basically smashed lemon into pork belly with rosemary, then roasted it. Now, it's my go-to way of making pork belly. I probably add a bit more garlic to mine, along with thyme sometimes. It's just such a simple way to add great flavour.

SERVES 4 **PREP** 15 mins plus resting **COOK** 1 hr 45 mins **EASY** **P**

3 rosemary sprigs, leaves picked and finely chopped
2 unwaxed lemons, finely zested
1 tbsp fennel seeds
4 garlic cloves, crushed
2 tbsp groundnut oil
1.5kg pork belly, skin on
salad leaves, parsley and chives, to serve (optional)

1 Heat the oven to 220C/200C fan/gas 7. Pound the rosemary, lemon zest, fennel seeds and garlic together to a paste using a pestle and mortar. Stir in the oil, season with salt and pepper, then set aside.
2 Pat the pork belly dry with kitchen paper, then, using a sharp knife, score across the narrow width of the belly at 2cm intervals, taking care to score through the skin and fat, but not into the meat. Rub the rosemary and lemon marinade all over the scored skin.
3 Pour a 1cm depth of water into a roasting tin, put a rack in the tin and the pork belly on top. Roast until the skin starts to bubble and crackle, about 30 mins. Reduce the heat to 160C/140C fan/gas 3 and cook for 1 hr more until tender to the point of a knife. If the pork needs crisping up, increase the heat to 240C/220C fan/gas 9 and roast for a final 15 mins until crisp.
4 Remove the pork from the oven, leave to rest for 10-15 mins, then slice and serve. I like to serve it with herbs or leaves for some freshness.

GOOD TO KNOW gluten free
PER SERVING 764 kcals • fat 57g • saturates 19g • carbs 1g • sugars 0.1g • fibre 0.7g • protein 61g • salt 0.6g



Recipes are extracted from *The Weekend Cook* by Angela Hartnett and not retested by us. Photographs by Jonathan Lovekin.

Apple tart

This is a French classic using a really short pastry topped with apples, quite similar to an apple galette. You could use apples, peaches or figs for this recipe – they all work really well. It's important not to use fruit that's too soft or ripe, as the pastry base takes a while to cook, and you'd find yourself ending up with a fruit mush.

SERVES 8 **PREP** 20 mins plus 1 hr chilling **COOK** 40 mins **EASY** **V**

280g plain flour, plus extra for dusting
170g unsalted butter, cut into cubes and chilled, plus 50g melted
8 apples
100g caster sugar, plus extra to serve
vanilla ice cream or double cream, to serve

1 Heat the oven to 190C/170C fan/gas 5. Sift the flour and a pinch of salt together in a large bowl. Add the cubed butter and use your fingertips to rub it into the flour until the mix resembles fine breadcrumbs, with flecks of butter still visible. Slowly pour in 100ml ice-cold water, or just enough for the pastry to come together into a ball – take care not to overwork it. Flatten the pastry ball slightly, then wrap and chill for 1 hr.
2 Dust a large sheet of baking parchment with flour. Remove the pastry from the fridge and roll it out on the parchment to a 25cm circle. Transfer to the baking tray and prick all over with a fork. Chill while you prepare the apples.
3 Peel, core and quarter the apples, then slice each quarter into six. Line the pastry circle with the apple slices, beginning around the outside edge and fanning them, slightly overlapping, in decreasing concentric circles towards the centre, until the bottom of the case is covered. Brush the apples with the melted butter, sprinkle over the sugar and bake for 40 mins until the apples and pastry are golden brown. Sprinkle over a little more sugar. Serve with ice cream or cream.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 437 kcals • fat 24g • saturates 15g • carbs 51g • sugars 24g • fibre 3g • protein 4g • salt 0.1g

SAVE SUNDAY LUNCH

Our GF Nation Survey showed that the energy crisis is putting the traditional Sunday roast at risk, because many of us prefer not to switch on the oven. But getting together to share a meal doesn't have to cost the earth. BBC Good Food's Save Sunday Lunch campaign is our way of keeping this tradition alive, with budget-friendly, energy-efficient recipes and ideas from Good Food's diverse community. Find more affordable recipes at *bbcgoodfoodme.com/save-sunday-lunch*.



PARTY PLATES

FESTIVAL OF FOOD

Recreate the festival vibe at home with these recipes from street-food specialists who've made their mark at the biggest events of the summer

photographs MIKE ENGLISH



Fried chicken waffle sandwich



Coffee-rubbed lamb neck with burnt spring onion mayo

Fried chicken waffle sandwich

Killa Waffles *is famous for its waffle cones filled with fried chicken, mac 'n' cheese, or sweet options such as berries, cookies and cream. Find this one at food markets in London and Hertfordshire, and festivals including The Big Feastival.*

SERVES 4 **PREP** 35 mins plus at least 2 hrs chilling
COOK 35 mins **MORE EFFORT**

8 chicken tenders or fillets
sunflower oil, for deep-frying
For the coating
320g plain flour
1 tbsp cornflour
3 tsp baking powder
2 tsp cayenne pepper
1 tbsp paprika
2 tsp garlic powder
3 eggs
For the buttermilk marinade
300ml buttermilk
3 tsp chilli powder or cayenne pepper
2 tsp garlic powder
For the waffle
320g plain flour
1¼ tsp baking powder
1 tsp bicarbonate of soda
30g light brown soft sugar
3 eggs
480ml buttermilk
50g unsalted butter, melted and slightly cooled
4 strips pancetta, cooked and finely chopped (optional)
To serve
garlic sauce (shop-bought, or find our recipe at *bbcgoodfoodme.com*)
handful of rocket
tomatoes, chopped or sliced

1 Combine all the ingredients for the buttermilk marinade, then add the chicken, and mix to coat. Cover and chill for at least 2 hrs. *Will keep chilled for 24 hrs.*
2 Combine the ingredients for the coating, except the eggs, with 1 tsp salt. Mix well. Beat the eggs in a separate bowl. Remove the chicken tenders from the marinade, a few at a time, toss in the coating mix, then turn in the egg, and toss again in the coating mix. Arrange on a baking sheet lined with foil.
3 For the waffle, combine the the flour, baking powder, bicarb and brown sugar. Add ½ tsp each salt and black pepper. Beat the eggs, then gently stir them into the dry mix. Add the buttermilk and mix until smooth, then stir in the melted butter. Mix in the pancetta, if using.
4 To fry the chicken, heat a saucepan a third full with sunflower oil over a medium-high heat to 175C, or until a piece of bread dropped in browns within 30 seconds. Fry the chicken in batches until golden brown on both sides and cooked through. Transfer to a plate lined with kitchen paper as you go, setting aside to drain. If the chicken tenders are browning too fast, lower the heat.
5 Cook the waffles in a waffle machine or iron for 5-6 mins until cooked and golden. Cut each waffle in half. Top the bottom halves with the garlic sauce, rocket, tomatoes and chicken tenders, then sandwich with the other half of the waffle. Serve straightaway.

GOOD TO KNOW calcium • fibre • iron
PER SERVING 989 kcals • fat 26g • saturates 10g • carbs 129g • sugars 17g • fibre 7g • protein 56g • salt 4.4g

Coffee-rubbed lamb neck with burnt spring onion mayo

Melissa Thompson*, one of our columnists, has cooked at festivals around the country, including Pub in the Park, where she fed guests some of her favourite barbecue dishes.*

SERVES 4 **PREP** 10 mins plus at least 12 hrs marinating
COOK 45 mins **MORE EFFORT**

2 x 300g lamb neck fillets
1 lemon, cut into quarters, to serve
For the marinade
½ red onion
4 garlic cloves
2 tsp cumin seeds
1 tsp smoked paprika
1 tsp coriander seeds
1 tsp black peppercorns
½ tsp sugar
For the rub
1 tsp ground cumin
2 tsp finely ground coffee
1 tsp smoked paprika
½ tsp sugar
For the mayonnaise
12 spring onions
8 tbsp mayonnaise
1 tsp paprika

1 Put the lamb neck fillets on a tray. Blend all the marinade ingredients with 1 tsp salt in a food processor, and pour this over the lamb. Rub the marinade into the meat, then chill for at least 12 hrs.
2 Remove the lamb from the fridge 1 hr before cooking. Scrape off the excess marinade. Mix all the rub ingredients together with 1 tsp salt and 1 tsp freshly ground black pepper. Sprinkle this over the lamb, patting the surface so the rub sticks.
3 Prepare a barbecue for indirect cooking, with the coals piled in one side. Put the lamb on the grill away from the coals, and put the spring onions (for the mayonnaise) directly over the coals, then close the barbecue lid. Fully open the top vents, and half-open the bottom ones. If your barbecue doesn't have a lid, spread the coals thinly and cook direct, turning regularly. Keep checking the spring onions to prevent burning. (Work quickly so you don't leave the lid off for long.) When the spring onions are blackened and soft, remove and cover with a tea towel until slightly cooled, then remove most of the burnt skin and finely chop. Mix with the mayonnaise, a pinch of salt and the paprika.
4 Use a temperature probe to check the lamb – once it is around 53C (this will take about 20-30 mins, but will vary) move directly over the coals. Turn regularly to brown on all sides. Once it is around 58-60C, remove from the heat and rest.
5 Slice the lamb neck into 1cm-thick slices. Serve with the spring onion mayo and lemon wedges for squeezing over.

PER SERVING 547 kcals • fat 46g • saturates 12g • carbs 3g • sugars 3g • fibre 2g • protein 29g • salt 2.1g

Strawberries & cream cookie sandwiches

Blondies Kitchen *is the one-stop shop for all things cookie-related: it sells everything from bake-at-home dough, to giant, personalised cookies. Find Blondies in London's Covent Garden, Selfridges food hall, or at various festivals this summer, including Taste of London and The Big Feastival.*

SERVES 6 **PREP** 40 mins plus at least 7 hrs 30 mins chilling **COOK** 15 mins **EASY**

150g unsalted butter, softened
75g light brown soft sugar
75g golden caster sugar
1 egg
1 tbsp vanilla bean paste
190g self-raising flour
200g white chocolate chips or chunks
ice cream, to serve (optional)

For the mousse filling
350g strawberries, hulled
100g icing sugar
6 gelatine leaves
375ml double cream

1 First, make the cookies. Tip the butter and both sugars into a stand mixer, or use an electric whisk to beat until pale and fluffy. Add the egg and vanilla paste, beating on a medium speed until combined. Tip in the flour and 1 tsp salt, then beat on a medium speed to combine. Be careful not to overwork the mix. Fold in the chocolate chips until evenly distributed.

2 Roll the dough into 12 cookies (weighing 60g each) and arrange over a baking tray lined with baking parchment. Cover with a tea towel and chill for 24 hrs, or freeze for 30 mins before baking.

3 Heat the oven to 180C/160C fan/gas 4 and line two baking sheets with baking parchment. Put six cookies on each tray, well spaced apart. Bake for 10-12 mins until the edges are golden and the middles slightly paler. Cool completely. *Will keep in an airtight container for two days, or frozen for three months.*

4 To make the mousse, put 250g of the strawberries and the icing sugar in a food processor or blender, and blitz until completely smooth. Transfer to a small saucepan and warm over a low heat. Meanwhile, soak the gelatine leaves in a bowl of cold water for 2 mins. Remove the purée from the heat. While the purée is still warm, squeeze out the excess water from the gelatine and stir it into the purée until melted. Pour into another bowl and transfer to the fridge to cool quickly.

5 Whip the cream in a large bowl until it holds stiff peaks. Quarter the remaining strawberries and set aside. When the purée has cooled, fold in the cream until evenly mixed. Chill for 2 hrs.

6 To assemble, turn the cookies upside-down, matching the most similar-sized cookies into pairs. (The recipe should make six sandwiches, with a generous amount of mousse filling – you can serve any leftover mousse in cups with crushed meringues for a dessert.) Pipe or spread a thick layer (about 2-3cm thick) of mousse onto six cookies. Chill for 1 hr, then top with the other cookies and use a palette knife to spread the mousse smoothly around the middle.

7 Put the cookie sandwiches on a large plate and chill for at least 4 hrs, or overnight. Serve with the quartered strawberries and some ice cream on the side.

GOOD TO KNOW calcium
PER SERVING 996 kcals • fat 66g • saturates 40g • carbs 89g • sugars 65g • fibre 3g • protein 10g • salt 1.3g



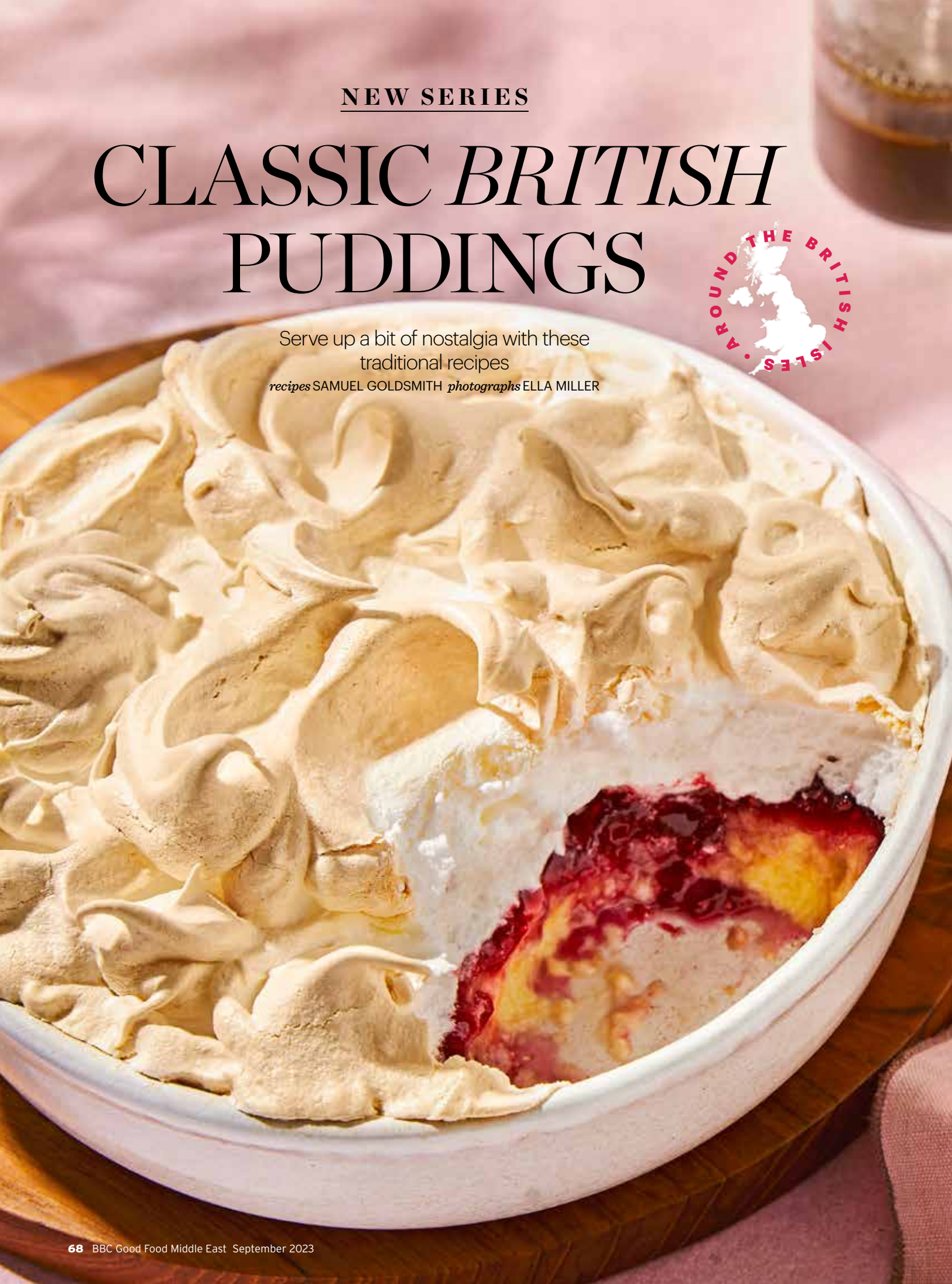
NEW SERIES

CLASSIC *BRITISH* PUDDINGS

AROUND THE BRITISH ISLES

Serve up a bit of nostalgia with these traditional recipes

recipes SAMUEL GOLDSMITH *photographs* ELLA MILLER



Queen of puddings

Soaking breadcrumbs in hot milk has been around for hundreds of years – the meringue and jam came a little later. This recipe also inspired Monmouth and Manchester puddings.

SERVES 8-10 **PREP** 20 mins plus soaking **COOK** 50 mins **EASY** V

550ml milk
25g butter, plus extra for the dish
1 lemon, zested
100g fresh white breadcrumbs
240g caster sugar
4 eggs, yolks and whites separated
6-8 tbsp raspberry jam

1 Warm the milk in a small saucepan over a low heat until simmering, then remove from the heat and stir in the butter, lemon zest, breadcrumbs and 40g of the caster sugar. Leave to soak for 30 mins until the crumbs have absorbed the liquid and cooled.
2 Heat the oven to 180C/160C fan/gas 4. Butter a medium-large baking or pie dish (ours was 22cm). Once the breadcrumb mixture has cooled, stir in the egg yolks and pour into the baking dish. Bake for 30 mins until the mixture has set, similar to a custard. Warm the jam in a small saucepan over a low heat to loosen, then spread this over the base. It should be a thin layer, so you may need less jam if your dish is deeper. Reduce the oven temperature to 160C/140C fan/gas 2.
3 Whisk the egg whites to stiff peaks in a clean bowl using an electric whisk, or stand mixer. Whisk in the remaining 200g caster sugar, a little at a time, until the sugar has dissolved and the meringue is glossy and stands upright. Spoon or pipe the meringue over the jam layer and bake for another 20-30 min until the meringue is golden and set. *Best served warm.*

PER SERVING (10) 226 kcals • fat 6g • saturates 3g • carbs 37g • sugars 33g • fibre 0.4g • protein 5g • salt 0.3g

In this new series, we explore classic dishes from around the British Isles. There is a rich culinary history in Britain, from cakes and comforting stews to seasonal salads. We begin this month with traditional sweet treats.

Cambridge burnt creams

Also known as trinity burnt creams, it's believed that this English take on crème brûlée originated at Trinity College, Cambridge.

MAKES 8 **PREP** 10 mins
COOK 40 mins **EASY** **V**

1 vanilla pod, split
400ml double cream
200ml whole milk
6 egg yolks (freeze the whites to use in another recipe)
100g caster sugar, plus 8 tsp for the topping

1 Heat the oven to 150C/130C fan/gas 2. Put eight ramekins in a deep baking tray and set aside. Scrape the seeds from the vanilla pod into a saucepan, then drop in the pod and tip in the cream and milk. Warm over a low heat, stirring often until simmering. Strain into a bowl or jug, discarding the pod.
2 Whisk the egg yolks and sugar together in a heatproof bowl until creamy. While the cream mixture is still quite hot, slowly pour it over the egg mixture, stirring continuously. Pour the mixture back into a jug, then divide between the ramekins (there should be about 125ml in each ramekin).
3 Half-fill the tray with hot water so it comes halfway up the sides of the ramekins, then transfer to the oven and bake for 30-40 mins until the custard is set. Leave to cool completely, then chill for at least 3 hrs. *Will keep chilled overnight.*
4 Sprinkle about 1 tsp sugar over each ramekin, then caramelise the tops using a kitchen blowtorch (or slide under a hot grill, watching carefully to ensure they don't burn). Leave to stand for about 2 mins until the sugar has set and firmed up, then serve immediately. *Best served the day they're made.*

GOOD TO KNOW gluten free
PER SERVING 377 kcals • fat 32g • saturates 18g • carbs 18g • sugars 18g • fibre none • protein 4g • salt 0.1g







Devonshire splits

The precursor to scones, these buns dipped in popularity when baking powder came to the UK and cream tea surged in their place. But while these need a little more work, they're much lighter than scones.

MAKES 12 **PREP** 25 mins plus 2 hrs proving and 1 hr cooling
COOK 20 mins **MORE EFFORT** V

neutral oil, such as vegetable, for the baking sheets and proving
325ml milk
200g plain flour, plus extra for dusting (if you don't have a stand mixer)
300g strong white bread flour
25g caster sugar
7g sachet fast-action dried yeast
25g butter, softened
75g raspberry or strawberry jam
300ml double cream
1 tbsp icing sugar

1 Lightly oil two baking sheets. Warm the milk in a small saucepan over a medium-low heat until just simmering, then remove from the heat and leave to cool to lukewarm.
2 Tip the flours, sugar, yeast and ½ tsp salt into the bowl of a stand mixer, and mix using the whisk attachment, slowly pouring in the milk until you have a soft dough (you may not need all the milk). Add the butter and beat until combined. Knead for 5 mins using the dough hook attachment until smooth. If you don't have a stand mixer, mix everything with a wooden spoon, then knead on a lightly floured surface using your hands. Transfer to a lightly oiled bowl, cover with a tea towel and leave to prove in a warm place for 1 hr 30 mins, or until doubled in size.
3 Knock back the dough, then form into 12 balls, weighing for accuracy, if you like. Arrange on the oiled baking sheets, well spaced apart, cover with tea towels and leave to prove for 30 mins more until puffed up. Heat the oven to 200C/180C fan/gas 6.
4 Bake for 10-20 mins, or until golden and hollow-sounding when tapped on the bottom. Remove to a wire rack and leave to cool completely, about 1 hr.
5 Cut the buns in half through the equator, then spread the jam over the bases. Whip the cream and icing sugar together to soft peaks, then pipe or spoon the whipped cream over the jam and serve. *Best served the day they're made.*

PER SERVING 340 kcals • fat 17g • saturates 10g • carbs 41g • sugars 9g • fibre 2g • protein 6g • salt 0.3g

Shoot director EMMA WINCHESTER | Food stylist LIBBY SILBERMANN
Stylist LAUREN MILLER

EUROPE
ESSENTIALS

French Cheese:
Anytime, Anywhere, Anyhow

What type of Cheese are you?

Saint Félicien

Creamy, delicate and soft since the pate can almost become runny. The optimal flavour of this creamy, buttery and nutty cheese can reveal while paired with red berries and red cherry tomatoes.

Livarot

The rind of Livarot has a typical barnyard aroma, but the taste of its paste is relatively mild with warm milk flavors. The texture is soft and yielding and the rind is grainy. This is a cheese full of character with a taste that becomes strong with maturity. We adore it with sweet capsicums and a fresh baguette tartine!

Bleu d'Auvergne

Intense and balanced, we love it for its aromatic taste, its aromas of wild mushrooms, cream and undergrowth. Its strong taste is well balanced with fresh herbs like rosemary and pickles.

CHEESESofFrance

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ENJOY IT'S FROM EUROPE

@Anne Kerouedan - Cniel

family

Celebrate a new school year

Keep the kids entertained with ideas for sunny picnics, projects and foodie books

recipes CASSIE BEST
photographs MYLES NEW







Cook dinner together

Baked feta & tomato pasta

SERVES 3 **PREP** 5 mins
COOK 30 mins **EASY** V

200g block of feta (vegetarian, if needed)
400g cherry tomatoes
50g pitted black olives (optional)
2 garlic cloves, unpeeled
2 tbsp olive oil
250g short pasta of your choice
handful of basil leaves

1 Heat the oven to 200C/180C fan/gas 6. Put the feta in the middle of a large baking dish, then scatter the tomatoes, olives (if using) and garlic cloves around it. Drizzle over the olive oil and season. Bake for 30 mins until the tomatoes are bursting and blistered, and the feta is golden at the edges. Squeeze the garlic from its skins into the dish, then lightly mash and mix into the tomatoes.
2 Meanwhile, fill a large pan with hot water from the kettle and return to the boil. Season with salt, then cook the pasta following pack instructions, stirring occasionally. Drain, reserving a mugful of water.
3 If the baking dish is large enough, tip in the pasta and a splash of the water, and mix until the feta breaks up and the pasta is coated in a creamy sauce – add more water to loosen if needed. If the dish is too small, combine everything in the pan. Season with black pepper and scatter over the basil.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day
PER SERVING 570 kcals • fat 23g • saturates 10g • carbs 66g • sugars 7g • fibre 6g • protein 22g • salt 1.7g



Make a fun vegetarian lunch

Air-fryer veggie spring rolls

SERVES 3 **PREP** 5 mins plus cooling
COOK 30 mins **EASY** V

2 tbsp cornflour
1 tbsp dark soy sauce
1 tsp honey
1 tsp sesame oil
1 tbsp vegetable oil
450g mixed stir-fry vegetables (we used a mix of beansprouts, cabbage, carrots and peppers), any large pieces finely chopped
8 large or 16 small spring roll pastry sheets (see tip, right)
2 tbsp vegetable oil
sweet chilli sauce, for dipping

1 Mix 1 tbsp of the cornflour with the dark soy sauce until smooth, then add the honey and sesame oil. Set aside. Heat the vegetable oil in a wok over a high heat and stir-fry the mixed veg for 30 seconds before adding the sauce mixture. Season with salt and pepper, and cook for another minute until the veg has wilted slightly but retains some crunch. Transfer the mixture to a bowl and cool for at least 10 mins.

2 Mix the remaining cornflour with 1 tbsp water in a small bowl. Working with one spring roll sheet at a time, put on a board at an angle, so it resembles a diamond. (Keep the other sheets covered with a tea towel.) Spoon a heaped teaspoonful of the veg in the centre of the sheet in a sausage shape. Fold the bottom corner over the filing and tuck it under. Fold in the left and right sides to neatly enclose the filling. Brush a little of the cornflour mixture over the top corner, then roll up from the bottom to seal. Put on a tray and brush with a little of the vegetable oil. Continue until you've assembled all the spring rolls.

3 Heat the air-fryer to 200C and cook the spring rolls for 12 mins, turning halfway through to brush with more oil. You may have to do this in batches – be careful not to overcrowd the air-fryer. Serve with the sweet chilli sauce for dipping

PER SERVING 95 kcals • fat 5g • saturates 0.5g • carbs 11g • sugars 3g • fibre none • protein 1g • salt 0.3g

gf tip

We've used wheat-based spring roll pastry sheets here – find them online or in Asian food shops, or use rice paper wrappers to make them gluten-free (make sure you use gluten-free soy sauce, too). Or, use filo pastry as an alternative.

Kids' lunch skewers

Make midday a bit more fun with these colourful snacks

Cheese sarnie & grapes

Make a cheese sandwich using **2 slices of bread** and **sliced cheddar**. Stamp out mini flower shapes using a biscuit cutter and thread onto skewers with **grapes** inbetween (halve them for younger children).

Ham, cucumber & pickle

Cut strips of **ham**, then fold the pieces onto skewers to create a concertina effect. Alternate with **cucumber** half-moons and **baby cornichons** or **pickled onion**.

Caprese

Thread **mini mozzarella balls**, **cherry tomatoes**, **pitted olives** and **basil leaves** onto skewers.



Let the kids help decorate

Easy speculoos cake

SERVES 12 **PREP** 20 mins plus cooling **COOK** 30 mins **EASY** V

175g unsalted butter, at room temperature
175g light brown soft sugar
150g speculoos biscuit spread
50g natural yogurt
4 eggs
1 tsp vanilla extract
1 tsp ground cinnamon
175g self-raising flour
4 tbsp caramel or dulce de leche
6 speculoos biscuits, roughly crushed

For the icing

200g unsalted butter
400g icing sugar
100g speculoos biscuit spread

1 Heat the oven to 180C/160C fan/gas 4 and line the bases of two 20cm cake tins with baking parchment. Beat the butter and sugar together using an electric whisk until light and fluffy, about 2 mins. Add the spread and beat again to combine.
2 Combine the yogurt, eggs and vanilla in a jug, then add this along with the cinnamon, flour and a pinch of salt. Beat for 1-2 mins until combined. Divide between the tins, level the tops using a spatula and bake on the middle shelf of the oven for 30 mins until risen and golden, or a skewer inserted into the middles comes out clean – if any wet batter remains, bake for 5 mins more, then check again. Leave in the tins for 15 mins, then turn out onto a wire rack to cool completely.
3 For the icing, beat the butter, half the sugar and all the spread together using an electric whisk until smooth. Add the rest of the sugar and beat again. Warm the caramel in the microwave for 30 seconds to loosen. Sandwich the two sponges together using half the icing and a drizzle of caramel, then spread the rest of the icing over the top and side. Drizzle over the rest of the caramel and sprinkle over the crushed biscuits. *Will keep in a cake tin for up to four days.*

PER SERVING 657 kcals • fat 36g • saturates 19g • carbs 76g • sugars 59g • fibre 1g • protein 5g • salt 0.7g

Get outdoors

When the sun is shining, don't miss the chance to get outside and enjoy a foodie adventure.

PACK A PICNIC
Eating outdoors is a great way to get the kids away from screens and encourage more conversation. Help them pack a picnic with foods they love, then head to the beach, a park or your own back garden.

GO TO A MARKET
Visiting a food market with your family can help expose children to foods they may have never tried (or heard of) before. Instead of heading straight to the hotdog stall, look closely and talk about each food stall you pass – ask for samples and discuss where in the world the food comes from.

PICK FRUIT OR FORAGE
Pick-your-own farms are not only fun, they're a good way to help children make the connection between the food they eat and where it comes from. If you manage to make it home with any berries, use them to make jam or an easy compote to serve with yogurt. Blackberries are in season now, and you can easily find brambles in almost every part of the country. For the best (and cleanest) berries, pick from brambles that are away from busy roads and higher up where dogs can't reach them.

SET UP A LEMONADE STALL
Help the kids set up a lemonade stall at your next barbecue – they can make signs, then mix up fresh, zesty lemonade (find a recipe at *bbcgoodfoodme.com*) to pour into jugs and serve with reusable straws.



Serve a DIY dessert

Classic banana split

SERVES 1 PREP 5 mins
NO COOK EASY V

Peel **1 banana** and cut it in half lengthways, then transfer to a shallow serving bowl. Top with **3 scoops of ice cream** (we used vanilla, chocolate and strawberry), **whipped cream**, **2 tbsp chocolate sauce or melted chocolate**, **3 pitted cherries** and colourful **sprinkles** of your choice. Serve immediately.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING 715 kcals • fat 44g • saturates 20g • carbs 68g • sugars 50g • fibre 2g • protein 10g • salt 0.3g

Give it a twist

PB&J split
Top the banana with **caramel ice cream**, warmed **crunchy peanut butter** (loosened with a splash of **milk** or **cream**), **chopped salted peanuts** and **raspberries**.

Totally tropical
Enjoy **coconut ice cream**, **pineapple chunks** and **toasted coconut flakes** on top of the split banana.

Banoffee crunch
Use **scoops of vanilla ice cream**, a **drizzle of dulce de leche**, **whipped cream**, **chocolate shavings** and **crushed speculoos biscuits** to make your split sweeter.

Shoot director EMMA WINCHESTER | Food stylist HELEN UPSHALL | Stylist JO HARRIS



Use up berries

Blackcurrant cheesecake

SERVES 4 **PREP** 10 mins plus 2-3 hrs cooling and at least 3 hrs chilling
COOK 20 mins **EASY** **V**

140g unsalted butter, melted, plus extra for the tin
300g digestive biscuits
275g golden caster sugar
100g fresh or frozen blackcurrants (brought to room temperature for 1 hr before using, if frozen)
1 tsp cornflour
900g full-fat soft cheese
4 tbsp plain flour
2 tsp vanilla extract
3 eggs
200ml soured cream

1 Heat the oven to 200C/180C fan/gas 6. Butter the side of a 23cm springform tin and line with baking parchment. Put the biscuits in a food processor and blitz to a fine crumb, then add the butter and blitz again to combine. Tip into the tin, then press down firmly into an even layer and bake for 10 mins. Set aside.
2 Tip 25g of the sugar and the blackcurrants into a small pan. Mix the cornflour with 1 tbsp cold water, then add to the pan. Warm over a low-medium heat for 1-2 mins until the sugar has dissolved, then turn up the heat to medium and bubble for 1-2 mins until saucy. Set aside.
3 Whisk the soft cheese in a large bowl using an electric whisk until smooth. Add the remaining sugar and whisk again, then add the flour, vanilla, eggs and soured cream, then whisk for a third time until smooth and well combined.
4 Pour half the cheesecake mixture over the cooled biscuit base, then dot over half of the cooled blackcurrant sauce. Pour over the remaining cheesecake mixture, and carefully smooth the surface using a spatula. Drizzle over the remaining blackcurrant sauce, then gently ripple it through the cheesecake mixture using a skewer or the end of a spoon. Bake for 10 mins, then reduce the oven temperature to 110C/90C fan/gas 1/4 and bake for a further 30 mins until set with a slight wobble in the middle. Turn off the oven and leave the cheesecake inside with the door closed for 1 hr, then open the door slightly and leave for 1 hr more. Finally, leave to cool completely at room temperature, then chill for at least 3 hrs or overnight before slicing. *Will keep chilled for five days.*

GOOD TO KNOW vit c
PER SERVING 569 kcals • fat 38g • saturates 22g • carbs 47g • sugars 30g • fibre 2g • protein 9g • salt 0.9g

After-school activities

Cooking can pass the time when the weather doesn't cooperate, as well as these other food-themed ideas.

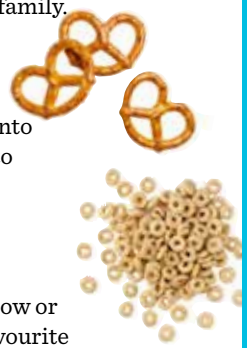


Record your own cookery show

Dress the set (in other words, get the kids to tidy the kitchen!), pop on your aprons and cook a meal together while recording 'the show' on your smartphone. This builds confidence and presentation skills. You can even use a video editing app to put the whole thing together, then screen it for the family.

Make edible necklaces

Tip mini pretzels, hoop cereal and sweets onto a tray and let kids thread these onto string to make their own edible necklaces.



Plant herbs

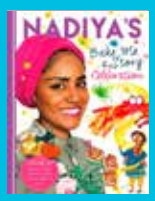
Plant herbs in a pot for your doorstep, window or balcony. Let the kids taste and pick their favourite herbs to plant, then label with pegs or lolly sticks and encourage them to nurture the plants all summer before using them to cook together.

Read a book

A trip to the library or bookshop can spark a child's enthusiasm for cooking, and some books offer much more than just recipes. These are some of our favourite children's books:



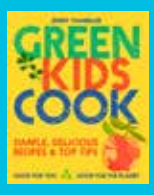
***Welcome to Our Table* by Ed Smith and Laura Mucha** Find out what children eat all over the world with this beautifully illustrated book, written by award-winning food writer Ed Smith and his author and poet wife, Laura. Kids will love the section on edible insects!



***Nadiya's Bake Me a Story: Celebration* by Nadiya Hussain** Mark special occasions with sparkling stories, fun crafts and irresistible recipes from BBC cook and presenter Nadiya.



***Chews Your Own Tasty Adventure* by Dr Sai Pathmanathan and Lucia Vinti** Experiment with recipes from around the world, from cupcakes and churros, to paratha and pide – choose the ingredients in an interactive game, then see which recipes you can make. Perfect for beginner cooks starting their food journey.



***Green Kids Cook* by Jenny Chandler** Over 50 easy, adaptable recipes to teach the cooks of the future how to eat well, look after themselves and think about the planet. Plus, information on the environment and craft projects.



Additional photographs GETTY IMAGES

health

Delicious recipes and top nutrition tips



5 healthy ideas

tomatoes, page 84



storecupboard heroes

chickpeas, page 92



making meals go further

page 86

5 healthy ideas

tomatoes

As well as being a versatile ingredient, tomatoes are good for your heart and can help protect your skin against the sun

Simple sausage traybake

SERVES 2 PREP 10 mins
COOK 50 mins EASY

Heat the oven to 200C/180C fan/gas 4. In a baking tray or 20 x 20cm baking dish, toss together **1 chopped red onion**, **4 thinly sliced new potatoes**, **6 jarred artichokes**, **100g cherry tomatoes**, **4 spring onions**, halved lengthways, **2 pork sausages**, cut into chunks, **1 tsp fennel seeds** and **1 lemon**, cut into wedges. Drizzle over **½ tbsp olive oil** and season to taste (you won't need a lot of salt as sausages are already seasoned). Roast for 20 mins, then add **400g canned flageolet beans**, drained, and **150ml low-salt vegetable stock**. Roast for 35 mins more, then remove from the oven, swirl through **2 tbsp fresh pesto**. Serve with **crusty bread**, if you like.

GOOD TO KNOW healthy • fibre • vit c • 3 of 5-a-day
PER SERVING 470 kcals • fat 20g • saturates 5g • carbs 47g • sugars 12g • fibre 15g • protein 19g • salt 1.4g



Simple sausage traybake

Ricotta, tomato & spinach frittata

SERVES 4 PREP 10 mins
COOK 25 mins EASY V

Heat the oven to 200C/180C fan/gas 6. Heat **1 tbsp olive oil** in a large non-stick frying pan and cook **1 finely sliced onion** for 5-6 mins until softened and lightly golden. Add **300g cherry tomatoes** and toss for 1 min to soften. Remove from the heat, add **100g spinach leaves** and a **small handful of basil**, and toss together to wilt. Transfer all the ingredients to a lightly oiled 30 x 20cm baking tin. Take spoonfuls from **100g ricotta** and dot over the vegetables. Beat **6 eggs** with seasoning, then pour this over everything. Cook in the oven for 20-25 mins until pale golden and set. Serve with salad.

GOOD TO KNOW healthy • low cal • vit c • 2 of 5-a-day • gluten free
PER SERVING 236 kcals • fat 16g • saturates 5g • carbs 7g • sugars 6g • fibre 2g • protein 16g • salt 0.5g



Ultimate tomato salsa

SERVES 2 **PREP** 5 mins **NO COOK** **EASY** **V**

Put **6 medium-sized tomatoes**, peeled and finely chopped, in a bowl and combine with **½ red onion**, chopped, **1 small garlic clove**, chopped, a **splash of white wine vinegar**, the juice of **½ lime** and a **large handful of coriander**, roughly chopped.

GOOD TO KNOW healthy • low fat • vit c • 1 of 5-a-day • gluten free
PER SERVING 29 kcals • fat 0.2g • saturates none • carbs 5g • sugars 5g • fibre 2g • protein 1g • salt 0.1g

Lentil & tomato salad

SERVES 4-6 **PREP** 5 mins
COOK 20 mins **EASY** **V**

Cook **250g puy lentils** following pack instructions. Drain, rinse well, and drain again. Set aside to cool. Meanwhile, mix the **juice of ½ lime** with **½ lemon**, **1 tbsp white wine vinegar** and a pinch of salt in a salad bowl, then toss with **1 red onion**, sliced into rings. After a few minutes, the onion will soften and turn pink. Meanwhile, whisk **2 tbsp extra virgin olive oil** with **1 tsp cumin**, **1 clove of garlic**, crushed, and **2 tbsp mango chutney**, then toss into the onions along with the cooled lentils, a **handful of coriander**, roughly chopped, **250g cherry tomatoes**, halved, **85g baby spinach** and plenty of seasoning.

GOOD TO KNOW healthy • low fat • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 184 kcals • fat 5g • saturates 1g • carbs 22g • sugars 6g • fibre 6g • protein 10g • salt 0.2g

Poached eggs with smashed avocado & tomatoes

SERVES 2 **PREP** 10 mins
COOK 10 mins **EASY** **V**

Heat a non-stick frying pan and very lightly brush the cut sides of **2 halved tomatoes** with **½ tsp rapeseed oil**. Cook, cut-side down in the pan, for a few minutes until softened and slightly caramelised. Meanwhile, poach **2 eggs** in a pan of boiling water for 1-2 mins until the whites are firm but the yolks are still runny. Halve and stone **1 avocado**, scoop out the flesh and mash onto **2 slices of seeded wholemeal soda bread**. Put the poached eggs on top of the avocado, grind over some black pepper, then finish with a **handful of rocket**. Serve the cooked tomatoes on the side.

GOOD TO KNOW healthy • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 382 kcals • fat 22g • saturates 5g • carbs 27g • sugars 4g • fibre 8g • protein 15g • salt 0.7g



Ultimate tomato salsa

5 health benefits of tomatoes

1 An 80g serving of tomatoes provides about 5% of an adult's daily recommended intake of potassium. Consuming foods rich in potassium is associated with a lower risk of stroke and heart disease.

2 Tomatoes contain a group of phytochemicals called carotenoids, including lycopene. These are important for maintaining eye health.

3 The carotenoids found in plants, including tomatoes, may help to prevent UV damage.

4 Tomatoes provide vitamin K, which is necessary for blood clotting and wound healing.

5 A 2015 study by the *Nutrition Journal* found that tomato juice intake appeared to help alleviate some menopausal symptoms such as anxiety, resting energy expenditure and heart rate.

making meals go further

Preparing fresh veg takes a bit of time, but most of these recipes create leftovers for whipping up speedy meals later in the week





Chunky vegetable soup

Here, the cottage cheese in the gluten-free dumplings is a rich source of calcium, which plays a major role in bone health and the prevention of osteoporosis.

SERVES 4 **PREP** 30 mins
COOK 40 mins **EASY** V

FIBRE | 4 OF 5-A-DAY | LOW CAL

2 tbsp rapeseed oil
2 leeks (350g), sliced
3 garlic cloves, finely grated
300g baby potatoes, sliced
1 litre vegetable stock, made with 2 tsp bouillon powder (gluten-free, if needed)
250g asparagus, stems cut into chunks, tips separated
160g baby frozen broad beans or soya beans
400g can borlotti beans, drained
4 tomatoes, chopped
30g pack of basil, stems and leaves separated and finely chopped

For the dumplings

300g tub cottage cheese
75g gram (chickpea) flour, sifted
1 egg, beaten
3 tbsp basil stems and leaves (taken from the 30g in the soup ingredients above)

1 First, make the dumplings. Tip the cottage cheese into a bowl and mash to smooth slightly. Mix in the flour, egg and basil, then set aside for about 10 mins for the flour to absorb the moisture.

2 Meanwhile, heat the oil in a large pan over a medium heat and fry the leeks, garlic and potatoes for 10-15 mins, or until softened. Pour over the bouillon, then add the asparagus stems, all of the beans, the tomatoes and and remaining basil stems. Bring to the boil, then reduce the heat to a simmer, cover and cook over a medium heat for 10 mins until the veg is tender. Stir in the asparagus tips and remaining basil leaves, and cook a few minutes more. Set aside.

3 Heat a deep frying pan filled with water to a gentle simmer, then use an ice-cream scoop to scoop eight dumplings into the simmering water. Cook for 5 mins, or until the dumplings rise to the surface.

4 To serve, divide two portions of soup between bowls and top each with two dumplings. Keep the rest for another day. *Will keep chilled in an airtight container for four days. Reheat in a pan for 10 mins over a low heat until piping hot.*

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 4 of 5-a-day • gluten free
PER SERVING 426 kcals • fat 14g • saturates 4g • carbs 42g • sugars 10g • fibre 16g • protein 25g • salt 1.2g

gf tip

Cottage cheese has a high protein-to-calorie ratio, making it an ideal choice for a more sustaining lunch.

Turkey chilli

Packed with healthy ingredients, you can't go wrong with this delicious and comforting bowl. It provides all five of your five-a-day, plus plenty of gut-friendly herbs and spices.

SERVES 4 **PREP** 20 mins
COOK 45 mins **EASY**

5 OF 5-A-DAY · VIT C · IRON

1 tbsp rapeseed oil
500g turkey thigh mince (7"% fat)
2 large garlic cloves, finely grated
1 chilli, deseeded and chopped
½ tsp dried oregano
2 tsp ground coriander
1 tsp ground cumin
1 tbsp smoked paprika
500g carton passata
2 x 400g cans red kidney beans, drained (liquid reserved)
2 tsp vegetable bouillon powder
2 red peppers, deseeded and diced
4 small sweet potatoes (about 140g each)
2 avocados
1 lime, juiced

1 Heat the oil in a large pan over a medium heat, then tip in the mince and break it up using a wooden spoon. Stir in the garlic and chilli, and cook for 10 mins until the mince is cooked through. Add the herbs and spices, and cook for a minute more.
2 Pour in the passata, the reserved liquid from the beans, the bouillon powder and peppers. Cover and cook for 15-20 mins until slightly thickened. Tip in the beans and cook for 3-5 mins more.

gf tip
Rich in plant compounds called polyphenols, herbs and spices support beneficial gut microbes.

3 Meanwhile, prick two of the sweet potatoes all over using a fork, then microwave on high for 7-10 mins until tender. Mash one of the avocados with half the lime juice in a small bowl.
4 To serve, halve the potatoes and spoon over half the chilli, then finish with the mashed avocado. Chill the remainder for another day. *The chilli will keep covered and chilled for four days or frozen for three months. Reheat in a microwave or pan over low heat until piping hot. Serve with the remaining sweet potatoes and mashed avocado and lime juice, as described above.*

GOOD TO KNOW healthy • fibre • vit c • iron • 5 of 5-a-day • gluten free
PER SERVING 645 kcals • fat 21g • saturates 5g • carbs 59g • sugars 25g • fibre 21g • protein 44g • salt 1.2g



Chicken koftas with hummus & salad

The tahini used in the hummus is made from sesame seeds, and studies suggest that sesamol (found in the seeds) has anti-inflammatory properties.

SERVES 4 **PREP** 35 mins
COOK 10 mins **EASY**

IRON | 4 OF 5-A-DAY | FIBRE

500g chicken mince (5% fat)
1 egg
3 tbsp oats
1 tsp dried oregano
1 lemon, zested
2 tsp ground coriander
½ tsp ground cumin
2 tbsp chopped parsley (taken from the 30g in the salad ingredients, right)
½ tsp rapeseed oil, for frying

For the hummus

2 x 400g cans chickpeas, drained (liquid reserved)
2 tbsp tahini
1 lemon, juiced (about 3 tbsp)
1 garlic clove
2 tbsp extra virgin olive oil

For the salad

2 large red onions, halved and thinly sliced
1 lemon, juiced
30g chopped parsley
200g cucumber, cut into chunks
4 tomatoes, cut into wedges

1 Using your hands, combine all of the ingredients for the kofta, except the oil. Set aside.
2 Tip all the hummus ingredients into a bowl, along with 3 tbsp of the chickpea liquid, then blitz with a hand blender until smooth. If you prefer a looser texture, add more of the chickpea liquid and blend again.
3 For the salad, tip the onions into a bowl with the lemon juice and scrunch using your hands to help soften them. Add the chopped parsley and set aside.
4 Shape the koftas into 16 balls. Heat the rapeseed oil in a large non-stick frying pan over a medium heat and fry the koftas for 5 mins on each side until browned and cooked through. *To finish on a barbecue, cook until they just hold their shape, then thread onto skewers. Cook for 4 mins on each side on the barbecue. Uncooked koftas will keep chilled in an airtight container for a day.*
5 Divide half of the hummus between two plates. Mix half the quick-pickled onions with half of the cucumbers and tomatoes, then serve the salad with the koftas and hummus. Chill the remaining portions for another day. *Will keep covered and chilled for up to two days.*

GOOD TO KNOW healthy • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 540 kcals • fat 22g • saturates 4g • carbs 36g • sugars 9g • fibre 13g • protein 42g • salt 0.5g

gf tip

There is some evidence to indicate that plant compounds, including sesamol and sesamin found in sesame seeds, can brighten stress-induced low mood.





Bean & quinoa salad with orange

Soya beans and quinoa provide a good protein boost in this vibrant salad. Protein is critical for energy levels, carrying oxygen throughout the body in the blood. It also helps make antibodies to fight infections.

SERVES 4 **PREP** 15 mins
COOK 25 mins **EASY** V

3 OF 5-A-DAY · FIBRE · IRON

120g quinoa
320g celery, strings removed if tough, sliced
320g frozen soya beans
2 tbsp extra virgin olive oil
3 tbsp apple cider vinegar
8 spring onions, trimmed and thinly sliced
30g flat-leaf parsley, chopped
4 tbsp chopped mint (optional)
4 small oranges, peeled and segmented
120g feta, crumbled

1 Tip the quinoa and celery into a pan and cover with plenty of water. Bring to the boil, then reduce the heat and simmer for 10 mins. Add the soya beans, bring back to the boil and cook for 7 mins more. Drain well, tip into a bowl and set aside.
2 Add the oil, vinegar and spring onions, and leave to cool slightly before stirring in the parsley and mint. Serve two portions topped with half the segmented oranges and half the feta crumbled over. Chill the remaining salad for another day, then segment the remaining oranges and crumble over the feta just before serving. *Will keep chilled in an airtight container for up to three days.*

GOOD TO KNOW healthy • low cal • fibre • vit c • iron • folate • 3 of 5-a-day • gluten free
PER SERVING 375 kcals • fat 18g • saturates 6g • carbs 30g • sugars 14g • fibre 10g • protein 19g • salt 1g





Spaghetti with tomatoes & walnuts

SERVES 4 **PREP** 15 mins
COOK 35 mins **EASY** V

VEGAN · 3 OF 5-A-DAY · FIBRE

350g wholemeal spaghetti
2 tbsp rapeseed oil
2 aubergines (about 550g), each sliced into 4 lengthways, then cut into cubes
4 large garlic cloves, finely chopped
3 tbsp tomato purée
1 tbsp balsamic vinegar
250ml vegetable stock, made with 1 tbsp bouillon powder (vegan, if needed)
330g cherry tomatoes, halved
30g pack of basil, chopped
1 tbsp capers
50g walnut pieces, lightly toasted and chopped if large

1 Cook the spaghetti following pack instructions, then drain, reserving 150ml of the cooking water. Meanwhile, heat the oil in a large non-stick pan over a medium heat. Add the aubergine and garlic, stir well, then cover and cook for 8-10 mins, stirring a few times.
2 Mix in the tomato purée and vinegar, and cook for 2-3 mins more. Pour in the stock, then cover and cook for a further 10-15 mins until the aubergine is tender when pierced with a knife.
3 Add the cherry tomatoes and cook for a few minutes more until softened but still holding their shape. Stir in the basil, capers and walnuts, then toss through the spaghetti, adding a little of the reserved pasta water if needed to loosen. Serve half straightaway. Keep the remainder for another day. *Will keep covered and chilled for up to four days. Reheat in a pan over a low heat with a splash of water until piping hot.*

GOOD TO KNOW vegan • healthy • fibre • iron • vit c • 3 of 5-a-day
PER SERVING 517 kcals • fat 18g • saturates 2g • carbs 65g • sugars 8g • fibre 15g • protein 17g • salt 1.1g



gf tip

Fatty fish, like salmon, are rich in omega-3 fatty acids – important for brain function, these fats also play a role in supporting the balance of our beneficial gut bacteria.

Fresh salmon niçoise

On a balmy summer evening, a warm salad is satisfying yet light. Traditionally, niçoise is made with canned tuna, but the omega-3 fatty acids in the fish don't make it through the canning process, so we've used wild salmon instead.

SERVES 4 **PREP** 15 mins
COOK 23 mins **EASY**

3 OF 5-A-DAY · VIT C · LOW CAL

1 red onion (about 130g), finely chopped
2 tbsp apple cider vinegar
2 tbsp extra virgin olive oil
12 pitted Kalamata olives, quartered
2 tbsp chopped dill
2 tsp chopped tarragon leaves
400g small baby potatoes
2 eggs
320g fine green beans, trimmed
4 wild salmon fillets (about 100-125g each), defrosted if frozen
2 x 160g Little Gem lettuces, 1 shredded
4 tomatoes, cut into wedges

1 Combine the onion, vinegar, oil, olives and herbs in a medium bowl.
2 Boil the potatoes in the base of a steamer for 10 mins. Add the eggs (top up with boiling water from the kettle if they're not submerged). Tip the green beans into a pan and put the steamer on top, then cook for 8 mins more.
3 Remove the potatoes and eggs from the steamer, but don't drain. Add the salmon to the water and cook for 5 mins. Stir the warm potatoes into the dressing.
4 To serve, divide half the lettuce between two plates (or pile onto one platter) along with half the green beans and tomatoes, then spoon half the dressed potatoes on top. Remove and discard any skin from the salmon, then flake half the fish over the salad. Peel one egg, halve and serve one half over each salad. Chill the remaining ingredients for the next day to eat cold. *Will keep covered and chilled for up to a day.*

GOOD TO KNOW healthy • low cal • omega 3 • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 404 kcals • fat 19g • saturates 4g • carbs 23g • sugars 9g • fibre 8g • protein 31g • salt 0.6g



Healthy fish korma

Korma is normally loaded with high-calorie almonds and cream. We've created the same creamy texture using courgette and yogurt, along with some almonds and cod, for a low-fat version.

SERVES 4 **PREP** 20 mins
COOK 35 mins **EASY**

LOW FAT · IRON · FOLATE

250g brown basmati rice
2 tsp rapeseed oil
220g brown onions, finely chopped
25g ginger, peeled and finely chopped
1 large courgette, (about 260g), peeled and cut into cubes
2 tsp ground turmeric
1 tbsp ground coriander
1 tsp ground cumin
150ml vegetable stock, made with 1 tsp bouillon powder
2 tbsp ground almonds
100ml coconut or plain bio yogurt
2 x 280g packs cod loins (4 loins)

For the salad

2 red onions (170g), finely chopped
1 lemon, juiced
30g pack of coriander, finely chopped
1 red chilli, finely chopped
2 small bananas, peeled and sliced

1 Boil the rice for 25 mins until tender. Meanwhile, heat the oil in a wide, non-stick pan over a medium heat and fry the onions and ginger for 8-10 mins, covered, until softened. Add the courgette, spices and stock, then cover and simmer for 10 mins until the courgette is tender. Remove from the heat.

2 Blitz the mixture directly in the pan using a hand blender until smooth, then return to a low heat heat and stir in the ground almonds and yogurt.

3 Submerge the cod in the sauce and cook, covered, for 8-10 mins until the fish flakes easily. Meanwhile, combine half each of the onions, lemon juice, coriander, chilli and banana slices for the salad. Serve half the rice with half the korma and the salad. Leave the remainder to cool completely, then chill to eat another day with the rest of the salad. *Will keep chilled in an airtight container for two days. Reheat in a pan over a low heat or microwave until piping hot.*

GOOD TO KNOW healthy • low fat • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 527 kcals • fat 12g • saturates 4g • carbs 65g • sugars 15g • fibre 7g • protein 35g • salt 0.7g

gf tip

Bananas are a useful source of tryptophan, an amino acid needed to produce the mood-regulating hormone serotonin.

Fresh ideas

We all have cans and jars of ingredients in our cupboards and fridges, but what should we do with them? In our new series, we explore creative ways to use these unsung heroes.



Storecupboard heroes: chickpeas

Versatile and low-cost, having a few cans in store means you're always assured of a satisfying meal

COOK SMART

Smoky chickpeas on toast

SERVES 2 **PREP** 2 mins
COOK 10 mins **EASY** V

Heat ½ **tsp olive or vegetable oil** in a pan over a medium heat. Tip in **1 small chopped onion** and cook until soft, 5-8 mins, then add **2 tsp chipotle paste**, **250ml passata,** a **400g can chickpeas**, drained, **2 tsp honey** and **2 tsp red wine vinegar**. Season and bubble for 5 mins. Toast **2-4 slices of crusty bread**. Heat ½ tsp oil in a pan and fry **2 eggs.** Drizzle the toast with a little oil, then top with the chickpeas and eggs.

GOOD TO KNOW healthy • low cal • fibre • 2 of 5-a-day
PER SERVING 424 kcals • fat 15g • saturates 3g • carbs 47g • sugars 14g • fibre 9g • protein 22g • salt 0.7g

Spinach with chickpeas, pine nuts & raisins

SERVES 4 as a side **PREP** 5 mins
COOK 10 mins **EASY** V

Heat **2 tbsp olive oil** in a large non-stick pan and cook **1 large long shallot,** sliced, and **2 crushed garlic cloves** until softened. Add **½ tsp each cumin and smoked paprika**, a **400g can chickpeas,** drained, and **4 tbsp raisins**. Cook for 2 mins. Tip in **200g spinach** and cook until just wilted. Stir in **2 tbsp toasted pine nuts** and serve with a drizzle of olive oil.

GOOD TO KNOW vegan • folate • vit c • 2 of 5-a-day • gluten free
PER SERVING 279 kcals • fat 13g • saturates 1g • carbs 30g • sugars 21g • fibre 5g • protein 8g • salt 0.1g

Chorizo & chickpea summer stew

SERVES 4 **PREP** 5 mins
COOK 20 mins **EASY**

Heat **1 tbsp olive oil** in a large frying pan over a medium heat and fry **2 crushed garlic cloves**, **2 thyme sprigs** and **1 tbsp smoked paprika** for 2-3 mins. Tip in **200g sliced chorizo**, and stir for another 2 mins until its oil is released. Splash in **1 tbsp sherry vinegar** and let it bubble for a minute. Add **600g halved cherry tomatoes**, a **450g jar of roasted peppers**, drained and cut into large strips, **100g spinach**, **2 x 400g cans chickpeas**, drained, 100ml water and a pinch of seasoning. Bring to a boil, then reduce the heat to a simmer and cook until the tomatoes have softened and the sauce has thickened, about 15 mins. Season and drizzle with olive oil. Serve with **crusty bread.**

GOOD TO KNOW fibre • vit c • 3 of 5-a-day
PER SERVING 445 kcals • fat 24g • saturates 7g • carbs 28g • sugars 9g • fibre 11g • protein 24g • salt 2.7g



gf tip

WHY WE LOVE... CANNED CHICKPEAS

- *They're perfect for making quick and easy meals*
- *High in fibre, calcium and magnesium*
- *Ideal for bulking up a meal cheaply*

Canned or jarred chickpeas can be reheated or used straight from the can for a recipe like hummus. Like dried chickpeas, they vary in quality and size. They come packed in aquafaba, or chickpea water, which can be used to make vegan meringues. Chickpeas can be a great budget food, plus home-cooked chickpeas can be frozen for later use.



Chickpeas can be the star of the show

Chipotle chickpeas with aubergine & pittas

Chickpeas can be the star of the show and create a meal that's worthy of a special occasion.

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY** V

4 wholemeal pittas, cut into triangles
150g light crème fraîche
3 tbsp tahini
2 limes, zested and juiced, plus wedges to serve
2 garlic cloves, crushed
For the topping
1 tbsp rapeseed oil
1 onion, finely chopped
2 small aubergines, finely sliced
400g chickpeas, drained
1 tbsp chipotle paste
½ small bunch of coriander, roughly chopped

1 Heat the oven to 200C/180C fan/gas 6. Arrange the pittas in a single layer on a baking tray and toast for 10 mins until crisp.
2 Meanwhile, make the topping. Heat the oil in a large pan and fry the onion and aubergine over a medium heat for 10 mins until softened. Add the chickpeas and chipotle paste, and cook for another 5 mins. Remove from the heat, stir in most of the coriander, and season.
3 Put the crème fraîche in a bowl and whisk in the tahini, lime juice, most of the lime zest, the garlic and 50ml water to loosen.
4 To serve, top the pittas with the sauce, pile on the aubergine and chickpeas, and finish with the remaining coriander, lime zest and lime wedges to squeeze over.

GOOD TO KNOW healthy • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 426 kcals • fat 18g • saturates 5g • carbs 42g • sugars 9g • fibre 12g • protein 16g • salt 0.5g

NEW WAYS WITH PESTO

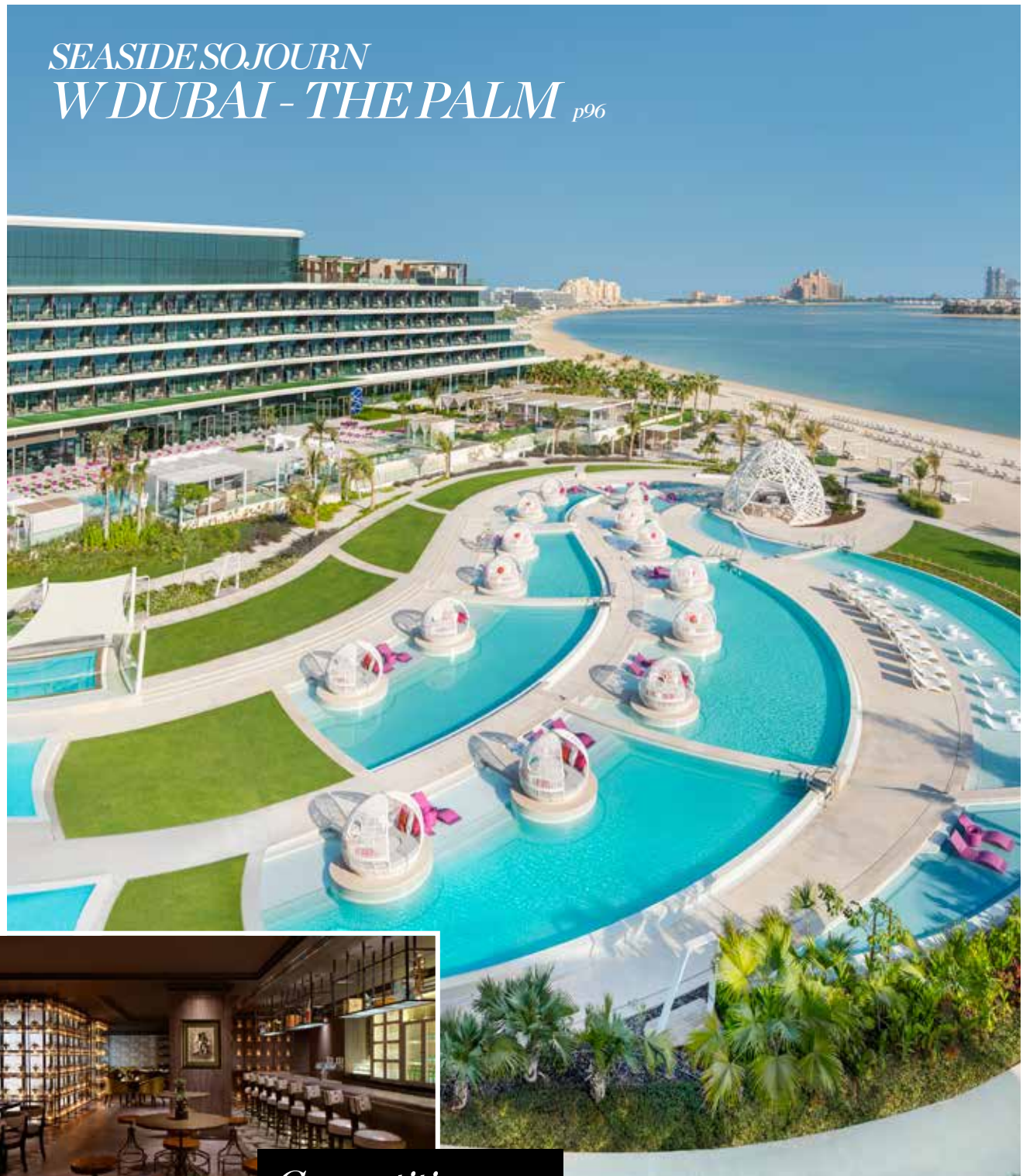
Half-used jars in your cupboard or fridge? Here are some surprising ideas for using them up:

- *Add a spoonful to your salad dressings for a flavour boost*
- ***Stir through bread or scone dough to create a lovely ripple of colour and add subtle flavour***
- *Swirl through soft cheese and spread over a bagel*
- ***Fry eggs in pesto for colour, texture and herby flavour***
- *Mix with soft butter and push under chicken skin before roasting*



GOURMET LIFESTYLE

SEASIDE SOJOURN
W DUBAI - THE PALM p96



Competitions, p99



Seaside Sojourn

The perfect summer getaway awaits at W Dubai - The Palm

Nestled along the pristine shores of Palm Jumeirah, this exceptional 5-star resort invites you to bask in the sun on its private white-sand beach, take a dip in adult-only pools, and partake in dedicated family activities, all while being treated to breathtaking views of Dubai's iconic skyline.

Setting the tone for a unique arrival, a golden cocoon adorned with date palm fronds and rainbow ceramic tiles welcomes you. Stepping into the atrium lobby, don't miss the traditional Arab architecture, reminiscent of mud-walled structures with minimalist openings. A cubic chandelier spans the atrium, transforming its ambience from day to night, while natural light pours in through glass windows in the ceiling, intertwining with the illuminating installation. Following a seamless check-in, we were personally guided to our accommodation for our enchanting retreat ahead.

Accommodation

The expansive Wonderful Room exuded opulence at every front, from coloured glass-tiled walls to captivating urban-inspired graffiti, and awe-inspiring vistas of Palm Jumeirah. In the centre, you'll notice a comfortable King-size bed and an inviting sofa bed beside, ensuring ample space for relaxation.

Entertainment is at your fingertips with a Bluetooth speaker and TV at your disposal, offering a range of channels including













international cable/satellite options. Every room further boasts a freestanding tub and a standalone shower, accompanied by Davines' fragrant bath amenities. Our room's balcony overlooked the vibrant WET Deck featuring upbeat music, setting the stage for the day's adventures. Tempted to explore the outdoors, we quickly made our way to the sprawling pool for the rest of our afternoon.

Culinary highlights

Entering Torno Subito for dinner, we embarked on an indelible gastronomic experience curated by the renowned Massimo Bottura. The restaurant's design is a whimsical journey through time, with woven green chairs and metallic accents adorning ceilings and walls. The lighting, reminiscent of dressing rooms and marquee lights from Hollywood's golden age, adds a touch of glamour to the atmosphere. Taking inspiration from his cherished childhood holidays on the Italian Riviera, the dining venue offers an incredible à la carte menu and meticulously crafted set menus to choose from, each a journey through Italy's flavours with a contemporary twist.

To start, we ordered the Ostrica – two slightly steamed oysters adorned with black caviar and a shallot vinegar glaze, served with puffed black rice chips. The flavourful Cavatello riviera, featuring hand-crafted cavatelli pasta with succulent carabineros prawns, Sorrento lemon, and paprika, as well as the aromatic Tagliatelle al ragú, traditional egg pasta with Massimo's favourite hand-chopped wagyu ragù, was a comforting meal which my dining partner and I thoroughly enjoyed as soon as it arrived.

For our main courses, we savoured the rich flavours of Astice – a seared Brittany lobster accompanied by Sardinian fregola with "scapece" style sauce, bisque reduction, and a mini black ink calzone with spicy lobster tail. The highly-recommended wood-fired Diavola pizza was a delectable delight, featuring san marzano tomato, fiordilatte cheese, spicy salami, and fresh basil, complemented by a side of Patate fritte – golden fried potatoes with lime mayo. And of course, no dining experience is complete without dessert. We

Words by Blanche D'mello







indulged in the Tiramisubito!, an extra-light tiramisú masterpiece featuring mascarpone, espresso, chocolate crumble, all topped with a gorgeously plated chocolate crust and embedded with the dish name. The Tre cioccolati, offered a harmonious symphony of chocolate textures including a brownie infused with salted caramel, topped with chocolate crumble, and a delicate chocolate drizzle.

We started the next day at the all-day venue Liv, where an array of breakfast options awaited. The experience was nothing short of epicurean, with a playful and lavish spread that included a tempting yoghurt counter, a vibrant porridge station adorned with multi-coloured toppings, and a personalized made-to-order eggs station, among many other treats. As my partner and I settled in, we opted for a satisfying selection that included delectable omelettes, cauliflower fried rice, succulent chicken sausages, sautéed mushrooms, and perfectly crispy hash browns. Our exploration further took us to the yoghurt station, where we indulged in the rich flavours of sumptuous blueberry yoghurt. Meanwhile, my partner's choice leaned towards the sweetness of pancakes adorned with delightful toppings of Nutella and Oreo cookie bites. Don't miss the fresh juice spot and the inviting tea & coffee station, offering a variety of refreshing drinks.

After a relaxing visit to the steam room at AWAY spa, we headed to the extraordinary Sunday brunch experience at Akira Back, where the restaurant's ambience comes alive with cloud-like structures on the ceiling, wabi-sabi (a Japanese art form of embracing beauty in imperfection and simplicity) finishes, and art pieces that resonate with the chef's personal touch. The weekend brunch offers a sharing-style lunch complemented by bottomless beverages and a breathtaking backdrop of the Dubai Marina and the Arabian Gulf. Live entertainment sets the perfect mood to indulge in an array of mouthwatering dishes that promise to tantalize your taste buds. For vegan enthusiasts, worry not – a thoughtfully crafted selection of vegan delicacies ensures a remarkable dining experience tailored to your preferences.

Discover the artistry of sushi with the sushi platter, featuring highlights such as AB nigiri – the chef's choice of premium nigiri sushi, and Cow-wow, a tantalising braised short rib with Asian slaw. The feast continues with an array of cold starters, including the iconic Tuna pizza with umami aioli and white truffle oil, and the New carpaccio, a symphony of sashimi with yuzu soy and crispy garlic. Our favourites were the Tuna truffle ceviche, featuring truffle, yuzu, and casava chip, as well as the vibrant Crispy Korean salad with Korean chilli dressing. As the journey unfolds, the hot starters were promptly presented, a collection that includes Rock shrimp tempura with amazu ponzu, AB beef bao with ssamjang, and the sweet yet savoury Korean fried chicken.

The culinary adventure reaches its zenith with desserts, including the exquisite Chocolate in a cup, a combination of gianduja cake, banana foam, and vanilla gelato, and the crispy Apple harumaki, featuring cinnamon cream cheese and toasted vanilla bean gelato.

Facilities

W Dubai - The Palm provides a gateway with UAE-based tour group Arabian Adventures for tourists looking to explore the country. After immersive days exploring Dubai, guests can unwind and recharge with the resort's diverse facilities. From a grand outdoor pool and state-of-the-art fitness centre to rejuvenating spa treatments, every member of the family is catered to. For those seeking top-tier hairstyling and beauty services, the renowned Rami Jabali Salon awaits on the ground floor.

Experience a fashion and homeware haven at W The Store, curated in partnership with locally-based Sauce & Cities or head to AWAY Spa, which boasts ten treatment rooms, a steam room, a sauna, experiential showers, a hammam, and a couples' suite. Alongside its tranquil ambience, the spa also features a Beauty Bar for touch-ups and 'Quick Fix' treatments, ensuring a holistic and rejuvenating experience.

BOOK NOW

The Wonderful Room is available from AED1,030 per night. Visit marriott.com/en-us/hotels/dxbtp-w-dubai-the-palm.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



SATURDAY BRUNCH AT THE ELOQUENT ELEPHANT, WORTH AED1,000

Infuse your weekend with a nostalgic twist from the 80s and 90s at The Eloquent Elephant's Saturday brunch. Delight in a sumptuous three-course set menu brimming with an assortment of timeless British culinary delights, complete with signature beverages. Tuck into an extensive selection of contemporary British dishes and global delicacies, including the iconic Pie-n-mash and Fish-n-chips. End your culinary journey with Sticky toffee pudding or the Baked s'mores brownie. Join our exciting video competition and submit your video for a chance to win!



A CURATED HAMPER FROM EARTH GOODS, WORTH OVER AED600

Earth Goods is bringing forth enriching and exceptional food experiences, with every product undergoing a meticulous preparation process using the healthiest techniques, going beyond the ordinary notion of consuming free-from foods. Explore a thoughtful array of cherished selections such as Gluten-Free Granola and Muesli, Organic Mixed Nut Butters, Organic Whole Wheat Spaghetti, Gluten-Free Pancake Mix, and a variety of other offerings.



GARDEN BRUNCH FOR TWO AT UBK, MÖVENPICK JUMEIRAH LAKES TOWERS, WORTH AED800

Experience the vibrant energy of UBK, renowned for its dynamic ambience, delectable cuisine, and expansive array of beverages. Embark on a thrilling journey as the venue introduces its exhilarating new brunch, inviting you to unwind in a laid-back atmosphere while indulging in a BBQ feast. Expect a delectable spread featuring dishes such as Sirloin steak, Cajun chicken, Slow roasted lamb, and Fish tacos, complemented by special sides and desserts.



AN EXQUISITE HAMPER FROM DRINK DRY, WORTH AED550

Stand a chance to win a delightful non-alcoholic Drink Dry package, comprising Natureo Sparkling Wine and the newly introduced Corona Cero. Corona Cero, a 0.0% alcohol option is enhanced by subtle citrus hints while the Natureo Sparkling Wine, a pure 0.0% grape creation from Catalunya's vineyards, exudes notes of banana, coconut, and tropical fruits, providing an uplifting sensory experience.

Images SUPPLIED



ENJOY AN ALL-NEW MENU AT PAUL ARABIA, WORTH AED500

PAUL is celebrating its 20th anniversary in the region by unveiling a fresh menu available in all its stores across UAE, Bahrain, Egypt, Jordan, Kuwait, KSA, Oman, and Qatar. While retaining its signature offerings, the renowned French restaurant and bakery further introduces an All Day Brunch section featuring seven flavourful dishes from around the world. Indulge in beloved choices like Salmon croll, Crusted feta chilli honey, and Shrimp burrata rosé, and conclude with Tiramisu and Crêpe tropézienne brûlée.



DINING VOUCHER AT KISHMISH, WORTH AED500

Head to the gourmet Afghan restaurant, Kishmish, for an opportunity to enjoy a delectable meal at their Dubai outlets situated in Dar Al Wasl and Mirdif. Indulge in the rich tapestry of flavours with signature dishes such as the renowned Kabuli palou featuring succulent slow-cooked lamb, dumplings, and a selection of expertly grilled delicacies.



SHOPPING VOUCHER AT SANIPEX GROUP, WORTH AED500

Sanipex Group presents a diverse range of offerings encompassing kitchen appliances, kitchen lifestyle, tiles & slabs, outdoor living, bathrooms, lighting, hotel amenities, and spa & wellness products. Within its exceptional collection of high-grade small appliances, Casa Bugatti stands out, seamlessly merging aesthetics, functionality, and innovative design. Featuring an array of elegantly crafted products, from acclaimed electric kettles to coffee machines, Casa Bugatti presents a comprehensive selection to elevate your home.



DINING VOUCHER AT OBELI, WORTH AED500

Experience the vibrant essence of summer at Obeli, an all-day dining haven nestled in the heart of City Walk. This cherished sanctuary presents a menu artfully crafted with fruit fusion at its core, from elegant salads to spirited main courses and irresistible desserts.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

#bbcgfmemawards

BBC goodfood Middle East

MAGAZINE AWARDS 2023

The Voting Round is now open!

The *BBC Good Food Middle East Magazine Awards 2023*, renowned for celebrating exceptional gastronomic experiences across the Middle East, commences the Voting Round. During this phase, readers have the opportunity to nominate their favourite brands in relevant categories.

Cast your vote now for your preferred brand, restaurant and hotel, across the Middle East, and help them secure a spot in the prestigious Top 10 within their respective category.

Every vote counts.

VOTE NOW!

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